

INNER RESET

- A RETURN TO CALM

**3 Steps to Soothe
Your Mind & Body
When Life Feels
Too Much**



EMPOWERED FREEDOM

by Saskia Pehlemann

Step 1: Ground Into Your Body — Create Safety Within

When stress floods your mind, your body follows — heart racing, muscles tightening, breath shallow. To shift out of survival mode, you need to remind your body it's safe.

Try This: **Box Breathing**

- Place one hand on your heart, the other on your belly.
- Breathe in through your nose for 4 counts.
- Hold for 4 counts.
- Exhale through your mouth for 4 counts.
- Hold for 4 counts.
- Repeat for 2-3 minutes, feeling your feet on the ground.

This gently slows your heart rate and signals safety to your body.



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Step 2: Pause The Spiral - Shift One Core Belief

Your mind is wired to predict danger, replay worst-case scenarios, and keep you "prepared" for every outcome. But your power lies in choosing your beliefs, even in hard moments.

Choose This Belief:

"In this moment, I am safe. I don't need to solve everything right now."

When your mind spins, gently repeat this to yourself. Notice how even the tiniest shift in belief softens your body.



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Step 3: Connect To Something Greater

You are more than your stress. More than your fears. More than your to-do list. You are a soul having a human experience — and you are deeply supported by your Higher Self.

Try This:

- Sit quietly for 1-2 minutes.
- Close your eyes and picture your Higher Self — the wise, calm, loving version of you that is pure energy, your soul.
- Ask:
 - *“What does my Higher Self want me to know right now?”*
 - *“How would they guide me through this?”*
- Even if you don’t get clear answers at first, just sitting with this intention reconnects you to your inner calm.



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