

Seven places *healing* lives

Pick **one**. Start small. Stay consistent.



WHAT TO DO · WHEN

A simple rhythm: daily · weekly · when activated

DAILY · 10 MINUTES

Anchor practices

- **One breath practice** in morning
- **Protein at breakfast** within 1 hr
- **20-min walk** outside
- **3 things specific** — gratitude
- **Same bedtime**, last screen 90 min early

WEEKLY · 60-90 MINUTES

Deeper practices

- **15-min expressive writing**, 3 days
- **2 strength sessions** + 1 long walk
- **One real conversation** with a witness
- **One act of service** for someone
- **Read** from a teacher who steadies you

WHEN ACTIVATED · 2 MINUTES

The 4-step practice

- 1. Notice.** "My chest is tight."
- 2. Slow down.** Long exhale. 5 things you see.
- 3. Ask.** "How old does this feel?"
- 4. Respond.** Slower. Sleep on it.

Crisis? · Call or text 988