

December Softness Reset



A 5-Day Ritual for Quiet Rest,
Nervous System Calm, and Winter
Slowing

A Glow After the Storm Journal
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Introduction

Welcome to Your Soft December

When the world grows loud, your nervous system feels every spike and spark. This reset invites you to step out of the overwhelm and into a gentler rhythm. For the next five days, you'll practice simple rituals that whisper calm back into your body.

No pressure. No perfection.

Just softness.



Day 1

The Candlelight Pause

Ritual:

Light a single candle and sit with it for 2–3 minutes.

Breathe slowly. Watch the flame flicker. Let your mind unclench.

Reflection

Where does my body hold the most tension right now?



Day 2

Slow Texture Ritual

Ritual:

Wrap yourself in something soft — a blanket, scarf, sweater.
Let your body absorb the warmth and weight.

Reflection

What textures make me feel safe?



Day 3

The Digital Quiet Hour

Ritual:

Turn your phone to Do Not Disturb for one hour tonight.

Move gently through your space. Breathe. Make tea. Rest your eyes.

Reflection

How does my mind feel without incoming noise?



Day 4

Winter With Nature

Ritual:

Step outside for 3 minutes.

Notice the bare branches, the cold air, the soft colors of winter.

Reflection

What does the season teach me about slowing down?



Day 5

The Softness Check-In

Ritual:

Sit with a journal or open page.

Write freely for 5 minutes about what softness means to you this month.

Reflection

What will I gently release before the year ends?



BONUS PAGE

The 1-Minute Grounding Reset

The 4-2-6 Breath

Inhale for 4

Hold for 2

Exhale for 6

Repeat 4 times



I choose rest over pressure. I choose softness over rush.