



Sensitive Soul Reset Sheet

7 Mindful Living Practices You Can Actually Keep Up With

When life feels loud, come back to simple practices that protect your peace and settle your nervous system.

1. Name it early: "I'm overstimulated."



2. Micro-mindfulness: 3 slow breaths, 60 seconds.



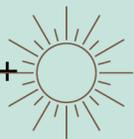
3. Sensory boundaries: lower noise, light, and clutter.



4. Mindful no: choose peace over pressure.



5. Nervous system routine: hydrate + light + gentle movement.



6. Soft landing corner: one calm spot at home.



7. Ground fast: 5-4-3-2-1 senses reset.



Mini "Calm in 60 Seconds"

Do this now:

- ✓ Drop your shoulders
- ✓ Unclench your jaw
- ✓ Long exhale (twice)
- ✓ Name 3 things you see
- ✓ Ask: "What's one small soothing next step?"

Want the full guide + the DIY Calm Kit?

Read the full post: [Glowafterthestorm.blog]

URL: <https://glowafterthestorm.blog/mindful-living-for-sensitive-souls>

