

A moment for yourself

A gentle reset for
moments that feel like too much

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When life feels like a lot...

Sometimes your nervous system doesn't need another solution. It simply needs a moment.



Hold your stone and let it remind you that you are here.

Take one slow breath

Take a moment to notice...

- ☐ My thoughts are racing.
- ☐ I feel numb.
- ☐ Something else: _____
- ☐ My body feels tense.
- ☐ I feel overwhelmed.
- ☐ My chest feels heavy.
- ☐ I don't know what I'm feeling.

What do I need right now?

- ☐ Movement
- ☐ Rest
- ☐ Comfort
- ☐ Fresh air
- ☐ Connection
- ☐ Water
- ☐ Quiet
- ☐ Boundary
- ☐ _____

One small step I can take in the next 10 minutes...



Come back whenever life feels like a lot.