

A moment for yourself

A gentle reset for
moments that feel like too much

Galia Nissim

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.