



A quick note before you start

- I'm sharing ideas that have helped me. This is **educational, not medical, not mental-health, not professional advice.**
- Calmfire is designed to support not replace care from qualified professionals.
- Please adjust or skip anything that doesn't feel right for you.
- If you're in crisis or unsafe, please contact local emergency services.



Reset Your Nervous System | A Simple Daily Ritual (Optional Add-Ons)

Morning: Setting the Tone

1. **Stay away from screens** first thing in the morning even to look at the time. This is about starting the day with mindfulness, intent and choosing what you let in.
2. **Take a slow deep breath** with a slower exhale. You can put your hand to your chest if that feels more grounding to you. You can move your arms up with each inhale and down with each exhale if you like.
3. **Look at natural light and nature.** Breathe in the outdoor air if you can. Look at the sky and take it in, regardless of whether it's blue, raining, partly sunny... Are there birds, trees. Notice anything in nature.
4. **Set an intent for the day.**
 - a. This can be **verbal** even if just in your head. Examples: *"I am ok", "This is okay", "I have this peaceful moment to myself", "I am thankful..."*
Whatever works for you and keep it simple.
 - b. This can be **non-verbal**: Notice a calm spot in/on your body. If there is a part that is ailing, picture bringing light or air to it. Engage in a soft smile....
5. **Drink some water.** Re-hydrate your body before having caffeinated tea or coffee.



Optional Journaling Add-On

6. Journaling (Optional): For this process, write about anything neutral/grounding or positive and in the present. Here are some examples:

Good morning [insert name]"..., "My feet are on the solid ground" "[How does the floor feel beneath your bare feet]" ... "[How does it feel when you wiggle your toes...]" "I saw the sun shining this morning ..." The temperature is changing outside..."

If you feel like you can try something more positive: *"I am already healing", "I have light inside me", "I have power" ...*

These don't need to be affirmations but anything that feels right for you. For more suggestions from the Calmfire™ word bank [click here](#).

If some of the more positive affirmations create anxiety, know that this can happen on your healing journey. Your body is still trying to protect itself.



MidDay and Evening

Mid Day (Optional): Especially in the beginning of your healing. You want to try and add a few minutes to check in with yourself. Keep it simple. Try putting your bare feet on the ground, looking outside and saying something to yourself as in the morning. Eventually, you'll need to check-in less often

Evening: If you have to pick between midday and night, choose night.

1. Wind down for bed by closing down the day with a few minutes of mindfulness.
 - a. Gently say good night to yourself: *"Good night [name]"*.
 - b. Add a message to yourself if you choose: *"Yes, I can", "I am safe", "I have this moment"*. Or with movement: *a soft smile, feeling the floor beneath your feet, the feeling of your bed under your legs, arms.... whatever you choose.*
2. Add **Gratitude**: find gratitude for one single thing and it can be anything. For example that: *you are breathing, you have a bed, that you are on a healing path, any notes of progress....* As simple or complex as you want it to be. If you can, let the **gratitude grow**.