

Gentle Morning or Evening Routine

A simple routine helps create emotional steadiness and predictability.

Morning Ideas:

- Sit quietly for 1 minute and breathe.
- Light stretching or gentle movement.
- Read an affirmation or scripture.
- Set one intention for the day.

Evening Ideas:

- Slow your breathing and relax shoulders.
- Write down 3 things that felt okay today.
- Release one worry onto paper.
- Prepare one thing for tomorrow to ease your mind.

Choose 2–3 practices and repeat daily with compassion.