

Small Healing Habits

These tiny practices help support emotional balance without overwhelm:

- One-minute grounding: breathe in for 4, hold for 4, out for 6.
- Drink a glass of water intentionally.
- Step outside for 30 seconds of fresh air.
- Place one hand on your heart and say: "I am safe in this moment."
- Write one sentence about how you feel.
- Choose one micro-task and complete it.

Use these habits anytime your emotions feel heavy or unclear.