



### **Protect Your Peace Pockets**

- Schedule two “no-plan” zones each week (15–30 minutes).
- Use that time for tea, journaling, or a slow walk — no screens allowed
- Say no to one thing this week and notice how your body exhales.

### **Ditch the Food Guilt**

- Eat what brings you joy — then move on without judgment.
- Add something fresh and colorful to every plate.
- Hydrate before every event (it helps your digestion and your mood).

### **Hold Your Boundaries**

- Before saying yes, ask: “Does this align with my peace?”
- Practice one graceful exit phrase: “I’d love to, but I’m keeping that time for rest.”
- Remember: boundaries protect relationships and your sanity.

### **Choose Connection Over Perfection**

- Light a candle and share gratitude at dinner (no matter what’s on the menu).
- Skip one “should” task — replace it with one heart-to-heart moment.
- Laugh daily. Science shows it boosts oxytocin and lowers cortisol.

### **Reset Your Nervous System (One-Minute Practice)**

- Unclench your jaw and lower your shoulders.
- Inhale 4 counts, hold 2, exhale 6.
- Whisper a short mantra: “Grace in, stress out.”
- Repeat whenever tension creeps in — yes, even in traffic.

### **Protect Your Glow**

- Prioritize sleep like it’s skincare.
- Eat real food most of the time (the 90/10 rule).
- Keep supplements simple: magnesium, omega-3s, vitamin D.
- Step outside daily — sunlight regulates mood, appetite, and sleep.

**YOU DON'T HAVE TO EARN REST OR JOY. YOU JUST HAVE TO ALLOW IT.**