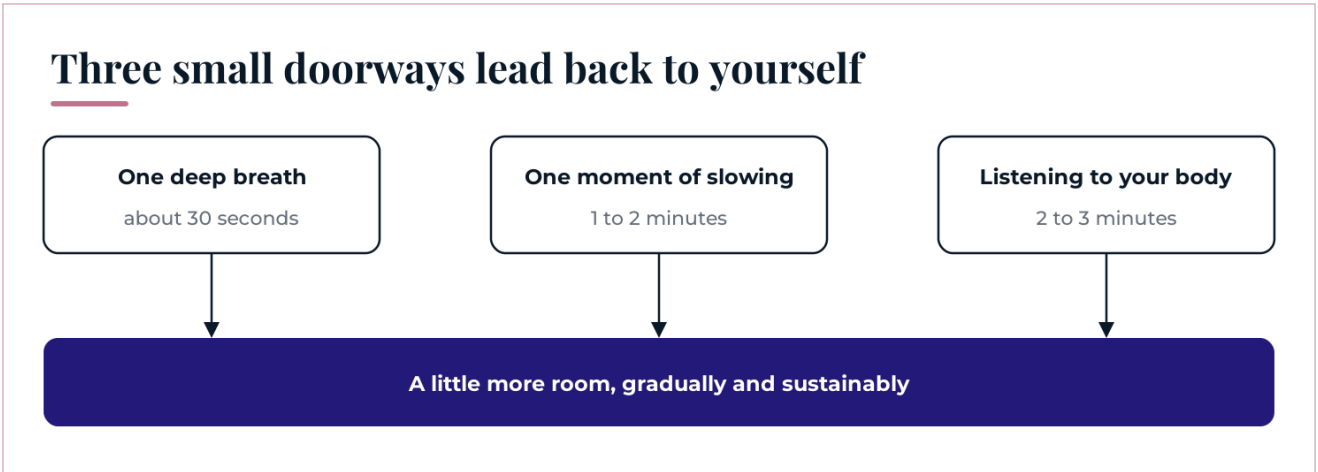
# Small Practices, Meaningful Shifts: Start Here

Kindred Heart Collective · Oct 20, 2026

KINDRED
heart
COLLECTIVE




Healing does not always begin with huge breakthroughs.

Sometimes it begins with:

- one deep breath
- one moment of slowing down
- one moment of listening to your body differently

This space will continue growing with grounded practices, reflections, guided exercises, and nervous system support tools designed to help you reconnect to yourself gradually and sustainably.

## How to Use These Guides

Choose one practice and stay with it for one to three minutes. Nothing here needs to be done perfectly, and nothing needs to be done all at once.

If a practice feels like too much, make it smaller: fewer breaths, a shorter pause, eyes open instead of closed. Stopping early is a valid way to practice. Your body is allowed to set the pace.

## The Guides

1. **One Deep Breath:** a 30-second breath practice.
2. **One Moment of Slowing Down:** a 1 to 2 minute practice woven into your day.
3. **Listening to Your Body Differently:** a 2 to 3 minute practice in curiosity.
4. **Nervous System Support Menu:** quick tools matched to how you feel.

## A Gentle One-Week Rhythm

Seven small invitations, one per day. Tick them off as you go, or skip around. Missing a day is not falling behind.

- [ ] **Day 1:** One deep breath, with a longer exhale.
- [ ] **Day 2:** Do one daily task at half speed.
- [ ] **Day 3:** Ask your body, *What is here right now?*
- [ ] **Day 4:** Place a hand where you feel the most tension and breathe near it.
- [ ] **Day 5:** Notice one moment that felt even slightly easier.
- [ ] **Day 6:** Step outside, or look out a window, for one full minute.
- [ ] **Day 7:** Reflect: which practice would I like to keep?

# A Note of Care

These practices are offered for general wellness and self-reflection. They are not a substitute for therapy, medical care, or crisis support. If you are in crisis or thinking about harming yourself, call or text 988 (the Suicide and Crisis Lifeline in the US) or contact local emergency services.