

STRESS LESS 5-DAY RESET

MONDAY, FEB 22ND - FRIDAY, FEB 26TH



HOSTED BY: KENDALL HEATON, MSW,
MINDFUL LIFE COACH FOR PARENTS



OVERVIEW

Welcome! I am so excited to have you here with us to start relieving your stress today!

The **Stress Less 5-day Reset** will introduce bite-size parts of the Therapeutic Meditation and Mindfulness Process and get you some easy-to-use, research-based stress relief tools and techniques that will get you less stressed NOW.

Let's dive in!

Warmly, Kendall Heaton, MSW

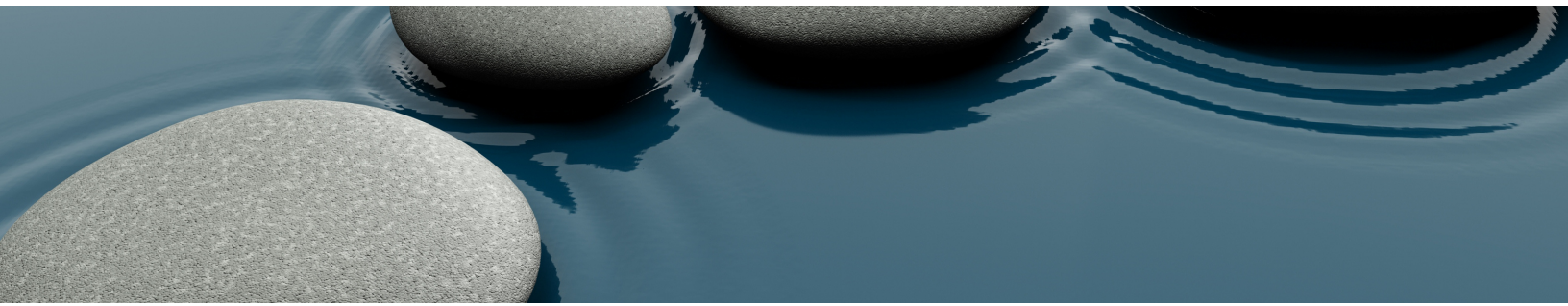


HOW WILL THE RESET WORK?

Each day the prompts in this workbook will guide you through several short and simple, yet highly effective techniques to connect with yourself, build your self-awareness, and give yourself what you need to decrease your stress. The **Daily Reflection Check-ins** will take place in the morning, midday, and at night (at your convenience).

I will reinforce the prompts with a daily **Facebook Lives** in our private FB group- **Mindful Parenthood Community**. Here you'll receive coaching, support and motivation from me, as well as an opportunity to connect with other like-minded parents committed to shedding their stress.

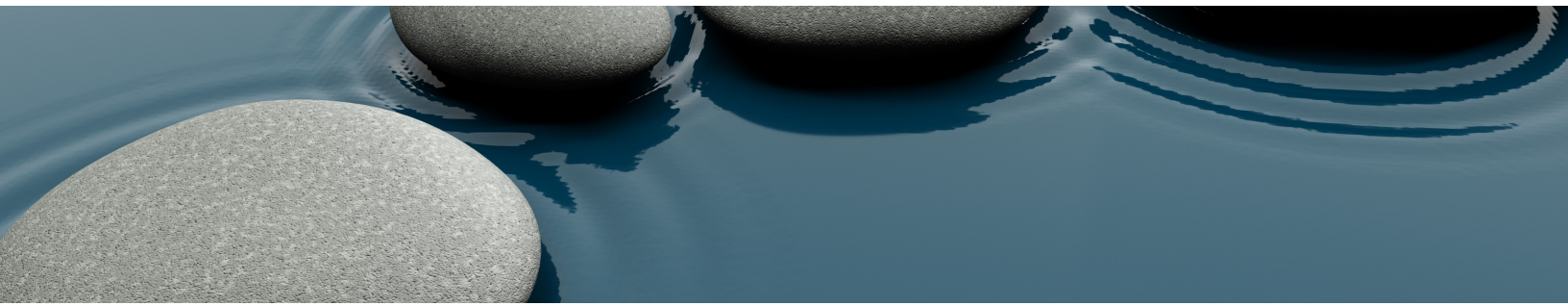
<https://www.facebook.com/groups/mindfulparenthood>



WHAT WILL WE USE?

During the 5-day Reset we will use the following tools and techniques:

- **Self Check-ins:** We will practice building our self-awareness by checking in with ourselves morning and midday, simply asking ourselves "how do I feel?" "what do I need?".
- **Daily Intention:** Using insights from our morning self check-in we will pick one intention for the day (*I'll share more guidance on the first FB live*).
- **Midday breathing exercise:** Using insight from your midday check-in, you will breathe in what you'd like to cultivate and breathe out what you are wanting to release or shift. (*I'll share more guidance during the Monday midday FB live*).
- **Guided Therapeutic Meditations:** You can access two (2) TMP meditations to use midday and at bedtime. You can access both meditations on your Stress Less Reset page.
- **Evening Reflections:** In the evening, before using the sleep meditation, you will reflect on what went well during the day and your gratitudes.



GUIDANCE FOR USING THE GUIDED THERAPEUTIC MEDITATIONS

- You can practice the meditation lying down or in a comfortable position.
- Listen to the meditation out loud or with headphones.
- For maximum effect listen to a meditation 1-2 times a day-- morning, mid-day or bedtime.
- It's okay to drift off or fall asleep, the meditation will still work on the subconscious level and provide you relief.
- Never use the meditation while driving or while anyone else is driving.
- You can download the meditations to your phone or iTunes to listen to them on your device.

Stress Pre-check

STRESS LEVEL

How would you rate your current level of stress?

10- the highest
1- the lowest

STRESSORS

What would you say are the biggest causes of your stress these days?

CURRENT COPING

What would you say are your current go-to ways of coping with stress?

Note: these can be healthy ones or ones you want to change.

Monday, 2/22

MORNING

How do I feel?

What do I need?

Intention
for the
Day

MIDDAY

How do I feel?

What do I need?

Midday
Breathing
Exercise

OR

Midday
Therapeutic
Meditation (14 min)

EVENING

What went well?

I am grateful for...

Evening Therapeutic Meditation (23 min)

Tuesday, 2/23

MORNING

How do I feel?

What do I need?

Intention
for the
Day

MIDDAY

How do I feel?

What do I need?

Midday
Breathing
Exercise

OR

Midday
Therapeutic
Meditation (14 min)

EVENING

What went well?

I am grateful for...

Evening Therapeutic Meditation (23 min)

Wednesday, 2/24

MORNING

How do I feel?

What do I need?

Intention
for the
Day

MIDDAY

How do I feel?

What do I need?

Midday
Breathing
Exercise

OR

Midday
Therapeutic
Meditation (14 min)

EVENING

What went well?

I am grateful for...

Evening Therapeutic Meditation (23 min)

Thursday, 2/25

MORNING

How do I feel?

What do I need?

Intention
for the
Day

MIDDAY

How do I feel?

What do I need?

Midday
Breathing
Exercise

OR

Midday
Therapeutic
Meditation (14 min)

EVENING

What went well?

I am grateful for...

Evening Therapeutic Meditation (23 min)

Friday, 2/26

MORNING

How do I feel?

What do I need?

Intention
for the
Day

MIDDAY

How do I feel?

What do I need?

Midday
Breathing
Exercise

OR

Midday
Therapeutic
Meditation (14 min)

EVENING

What went well?

I am grateful for...

Evening Therapeutic Meditation (23 min)

Stress Post-check

STRESS LEVEL

How would you rate your current level of stress?

10- the highest
1- the lowest

SHIFTS

What shifts did you notice for yourself during this 5-day Reset?

CURRENT COPING

Were there any coping strategies that felt really good that you want to continue to use?