



## ■ 2. PLACES — Where does your body feel more at ease?

You don't need to escape to a retreat. Think real-life places where your shoulders drop and your mind slows down.

.....

.....

.....

.....

.....

.....

.....

This could be a park bench, your favourite café, your car, a tidy corner at home, a familiar walking route.

## ■ 3. PRACTICES — What helps you reset and move forward?

These are the small, repeatable actions that remind you: I'm in charge. I'm moving. I've got this.

.....

.....

.....

.....

.....

.....

.....

Examples: Listening to your pod. Moving your body. Getting outside. Writing things down. Drinking water. Saying no to something that drains you.

## 4. PHRASES — What words

### keep you grounded when things feel uncertain?

Choose short, punchy phrases that speak to your new direction.

.....

.....

.....

.....

.....

.....

.....

*Examples: "Change is safe for me." "I've done hard things." "I don't need to hide anymore." "I'm building something better."*

## Why this works

Your brain is always scanning for safety cues. When it gets the signal that you're okay and not just surviving, but actually supported, it stops pulling the brakes. It's all about building a structure your brain can trust. You may have been listening to the chillpod for a while and this really builds on that.

### What to do now

Keep this toolkit where you'll actually see it: your phone notes, journal, fridge, or inside your wardrobe door. Anywhere you check in with yourself, come back to it often and update it as you grow.