

How to Find Calm When the World Speeds Up

Reflection Worksheet

Gentle Reflection

When life feels overwhelming, this worksheet helps you reconnect with a sense of inner calm. Take a few moments to move slowly through each section. You don't have to rush healing; it unfolds gently, in its own time.

1. What moments in your day feel the most rushed or chaotic? How do they affect your energy and mood?

2. Write down three small moments today where you could pause for a breath, stretch, or notice your surroundings.

3. How does your body tell you that it needs rest or stillness? What signals do you often ignore?

4. Think of a time when you slowed down and felt truly at ease. What was different about that moment?

5. What is one gentle way you can create calm for yourself this week?

Remember, calm is not something you earn. It's something you return to.