

COZY CADENCE

# RESET

A QUICK RITUAL FOR TIRED MOMS TO  
FEEL LIGHTER

# BEFORE YOU BEGIN

You don't need to know why you're tired to use this.

You don't need to fix anything.

You don't even need to feel calm.

This is just a small pause.

A place to stop holding everything together for a moment.

You can do this sitting, standing, or lying down.

If reading feels like too much, take one slow breath and continue when you're ready.

# STEP 1: STOP

Put one hand somewhere that feels natural.  
Your chest. Your stomach. Your lap.

Take one slow breath in.  
Let it out a little longer than you took it in.

Nothing else to do here.

# STEP 2: NAME WHAT FEELS HEAVY

Without trying to solve it, gently notice:

What feels heavy right now?

It might be:

- A responsibility
- A decision
- An expectation
- A feeling
- Or something you can't quite name

You don't have to explain it.  
Just notice it.

If it helps, you can quietly say to yourself:  
*"This is something I've been holding."*

## STEP 3: PUT ONE THING DOWN

Ask yourself, softly:

What is one small piece of this I don't need to carry right now?

You are not deciding forever.  
Just for this moment.

Imagine placing that one thing somewhere outside of you.  
On a table. On the floor. In a box. Anywhere that isn't your body.

You can come back for it later if you need to.  
For now, it's allowed to rest.

Take one more slow breath.

## AFTER THE RITUAL

You don't need to feel amazing.  
You don't need clarity or answers.

If you feel even **one percent lighter**, that's enough.

You can return to this ritual anytime the tired feeling shows up again.

# A GENTLE REMINDER

Feeling tired doesn't mean you're doing something wrong.  
It often means you've been carrying more than anyone sees.

You're allowed to pause.  
You're allowed to put things down.  
Even if just for a moment.