



Reset & Rise

**A 7 - DAYS MIND & SPIRIT
HEALING JOURNEY**

**A soft, soul-centered reset for those
healing from trauma, burnout, or
emotional exhaustion.**



Simple Tranquility

MINDFULNESS AND MENTAL HEALTH



For

- * Parents, caregivers, or professionals feeling spiritually disconnected**
- * Adults healing from trauma, burnout, or emotional fatigue**
- * Anyone craving sacred space**

DAY

1



Grounding in Chaos

1

Reflection

Healing begins by returning to your body. In a world that pulls us into stress and overwhelm, grounding anchors us. It reminds us we are safe, present, and alive — right here, right now.



Mini Ritual

- Sit still. Place one hand on your heart, one on your belly.
- Inhale for 4 counts, hold for 4, exhale for 6. Repeat 4 times.
- Imagine roots growing from your feet into the earth.

Prompt

- Where do I feel the most ungrounded or scattered in my life?

- What would it feel like to be safe and steady in this moment?

Affirmation

“I am grounded. I am supported. I return to myself.”

Crystal

Black Tourmaline—
grounding, protection



DAY

2



2

Naming the Wound

Reflection

To heal, we must name what hurt us. Not to stay stuck in pain — but to honor it, understand it, and begin releasing it. Trauma doesn't just live in the mind; it lingers in the body and spirit.



Mini Ritual

- Light a candle or incense.
- Say out loud: "I honor what I've survived."
- Place your hand on any area of the body holding tension and breathe into it.

2

Prompt

- What wounds have I been carrying silently?

- What part of my story needs to be heard?

Affirmation

“My truth is valid. My pain is real. I am beginning to release it.”

Crystal

Amethyst – clarity, emotional healing



DAY

3



3

Emotional Detox

Reflection

Emotions are energy. When we don't release them, they become heaviness, anxiety, or anger. Today is about gently clearing what's been stored — with love, not judgment.



Mini Ritual

- Drink a glass of water slowly and intentionally.
- As you sip, imagine it washing away stress and stuck energy.
- Optional: cry, write, or scream into a pillow — move something out.

3

Prompt

- What emotion is asking to be released today?

- What is one safe way I can let it move?

Affirmation

“I release what no longer serves me. I make space for peace.”

Crystal

Aquamarine – emotional clarity, flow



DAY

4



Inner Child & Shadow Work

4

Reflection

Inside us lives the version of us who was afraid, silenced, or unseen. When we reconnect with that child, we reconnect with our power. Today is about gentle remembering and compassion.



Mini Ritual

- Close your eyes. Picture your younger self at any age.
- Ask: “What do you need from me today?”
- Write them a short letter of love and support.

Prompt

- What did I need as a child that I didn't get?

- How can I offer that to myself now?

Affirmation

"I see and love the child within me. They are safe now."

Crystal

Rose Quartz – inner child healing, self-love



DAY

5



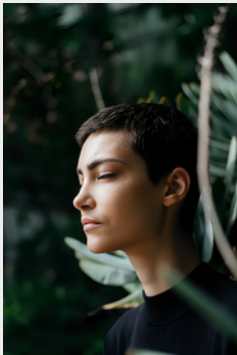
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Spirit Meets Psychology

Reflection

Healing isn't either/or — it's both/and. We need mental clarity *and* soul nourishment. Science and spirit. Grounding and grace. Today, you get to blend your beliefs into something beautiful.

Mini Ritual



- Choose 3 affirmations that feel true today.
- Speak them slowly, hand on heart.
- Close with a short prayer, intention, or meditation of your own.

5

Prompt

- What practices help me feel both spiritually and mentally aligned?

- What beliefs am I ready to release or reclaim?

Affirmation

“I am healing on every level — mind, body, and spirit.”

Crystal



Citrine—clarity, confidence, energy

DAY

6



6

Building Your Sanctuary

Reflection

Healing doesn't require perfection. It requires consistency. You don't need hours each day. A sacred 5–10 minutes can become your anchor. Today, you create your own sanctuary rhythm.



Mini Ritual

- 2 min breath
- 3 min affirmations
- 5 min journaling, stretching, or stillness
- Choose a time of day to repeat this

6

Prompt

- What small daily rituals bring me peace?

- What will my 10-Min Sanctuary Practice include?

Affirmation

“Peace is a practice. I choose it daily.”

Crystal

Green Aventurine –
calm, new beginnings



DAY

7



Rise – The Shift Forward



Reflection

You made it. You've met yourself in the mess, the magic, the truth. Healing is never linear, but you now have tools. You are no longer carrying everything alone.

Mini Ritual

- Write down 3 truths you've reclaimed about yourself this week.

- Read them out loud.
- Light a candle or sit in silence to honor your journey.

Prompt

- What has shifted in me this week?

- What is one commitment I make to myself moving forward?

Affirmation

“I am not broken. I am becoming.”

Crystal

Labradorite – transformation, strength, intuition

