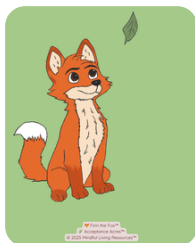


# Mindful Moments for Grown-Ups

## 3 Gentle Practices for Everyday Calm



“Because sometimes, the grown-up  
needs a moment too.”

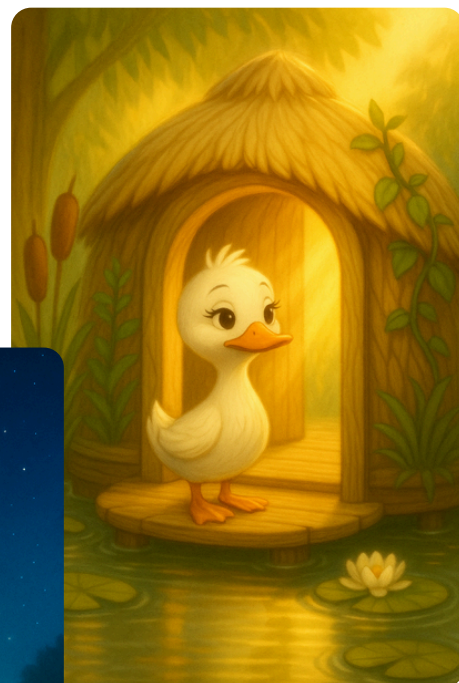
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# This Is For You

You're doing a lot. And it's easy to forget that you deserve peace too. These three simple moments are here to help you breathe, notice, and come back to yourself. No pressure. Just a few practices to help your day feel a bit lighter.

## What You'll Get:

- 3 simple practices (no prep needed)
- Grounded in ACT + mindfulness
- Made to fit into your busy life



# Practice 1. The Coffee Pause (or tea, water, anything!)



## Instructions:

- Before your first sip, pause.
- Notice 3 things: the warmth in your hands, the smell, and the quiet.
- Take one slow breath before drinking.
- Say to yourself: “I’m here, and this is enough for now.”

## Reflect:

- How did it feel to pause, even for just a few seconds?

## Bonus Practice:

- Practice a few times a day.
- After one practice, write down your reflection.
- Buy a notebook or journal to physically write these reflections. Then, periodically reread several entries.

## Practice 2: The Doorway Reset



### Instructions:

- Today, several times as you walk through a door, pause.
- Each time, feel your feet, relax your shoulders.
- Ask: “Who do I want to be as I step into this room?”

### Reflect:

- What shift do you notice when you reset before entering a space?

### Bonus Practice:

- Practice a few times a day.
- After one practice, write down your reflection.
- Buy/Reuse a notebook or journal to physically write these reflections. Then, periodically reread several entries.

## Practice 3: The Nighttime Check-In



### Instructions:

- Before bed, where ever you want, take 60 seconds.
- Ask yourself:
  1. What went well today?
  2. What moment do I want to carry into tomorrow?
- Say: “That was enough. I am enough.”

### Reflect:

- What was your “golden moment” today?

### Bonus Practice:

- Practice a few times per week.
- Buy/Reuse a notebook or journal to physically write these reflections. Then, periodically reread several entries.



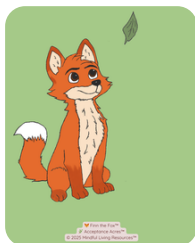
## A Closing Thought

You took a moment for yourself. That matters. When you slow down, even briefly, you give your nervous system space to rest—and you create more room for connection, care, and presence.

These small practices aren't just for you. They ripple outward—to your children, your family, your home. So try them again tomorrow. Let them become quiet bridges between your own calm and the calm you hope to share.

**Want more mindful tools like this?**

Check out our full **Parent Calm Kit – coming soon!**



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