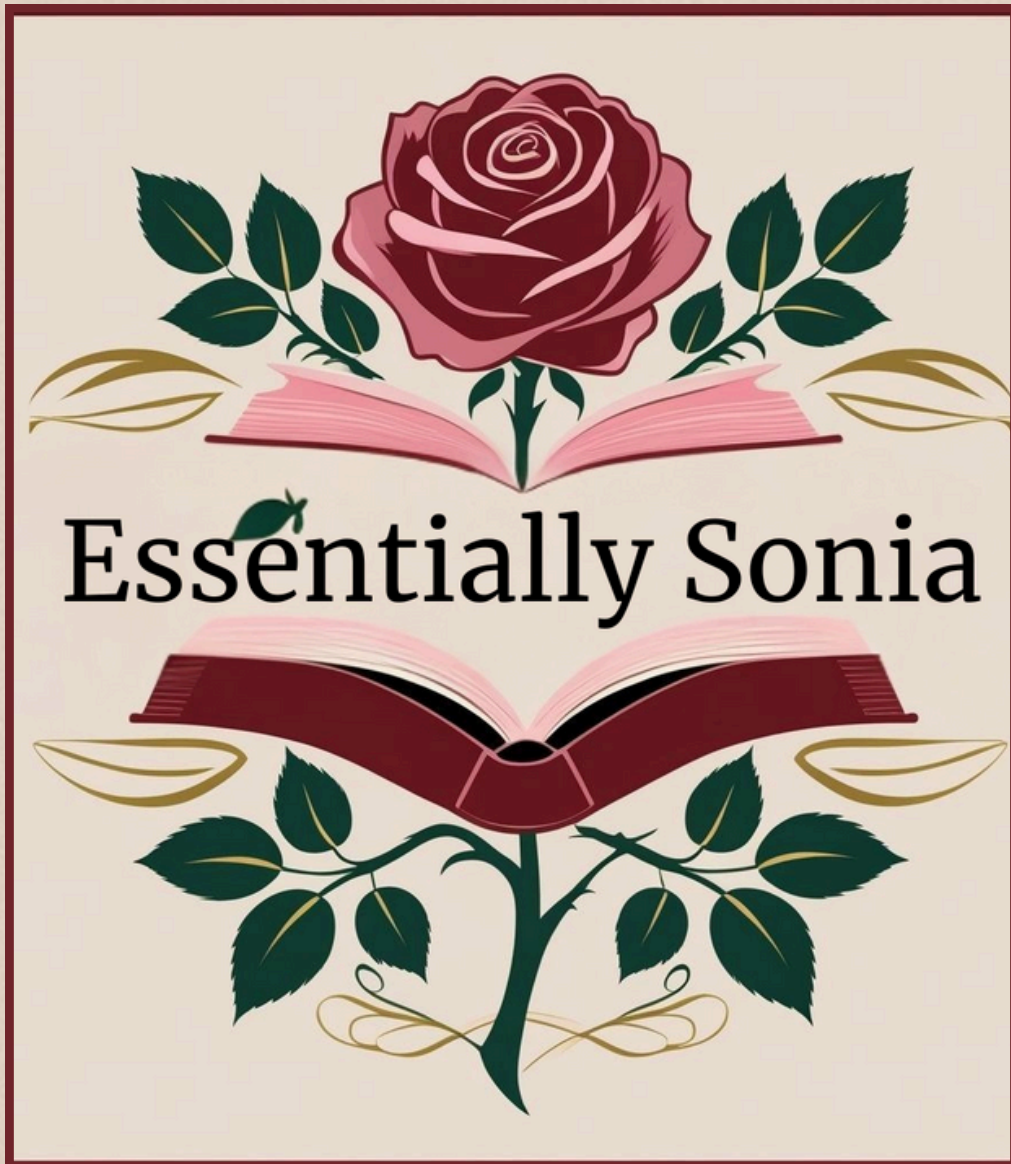


EMOTIONAL ESSENTIALS RITUAL GUIDE

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A Guide to Wellness

BY SONIA JENKINS

CERTIFIED EMOTIONS AND FUNCTIONAL MEDICINE

HEALTH COACH

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Welcome Friend

You've carried so much, and yet here you are — still choosing to heal, to soften, to come back to yourself.

This guide is an invitation to pause. To check in with your emotions, to honour them, and to nurture yourself with simple rituals that bring peace.

May these practices remind you: your feelings are not flaws — they are teachers.



Sonia



Emotional Check-In Ritual

NAME IT. FEEL IT. FREE IT.



Essentially Sonia is a sanctuary for women in midlife who are ready to reclaim their vitality through emotional healing.

We believe emotions are essential—not optional. They are sacred messengers, not symptoms to suppress.

Through soulful rituals, root-cause coaching, and compassionate science, we help you decode your emotional blueprint and remember who you truly are.

Midlife isn't a crisis—it's a calling. And your sensitivity? It's your superpower.

You're not broken. You're blooming.

Welcome to Essentially Sonia—where healing is a homecoming.

Name it. Feel it. Free it.

A simple daily practice to tune in:

- Today I feel...
- My body is telling me...
- What I need most right now is...
- I honour this feeling by...

Mini Ritual :

- 🌿 Take 3 deep breaths.
- 🌿 Place 1 drop of your chosen oil in your palms, rub together, and inhale slowly.
- 🌿 Speak your affirmation aloud.





OVERWHELM

A sign I've been overgiving

Ritual Box

- Oil: Lavender
- Application: 1 drop on temples, breathe deeply

Affirmation: "I am allowed to pause."

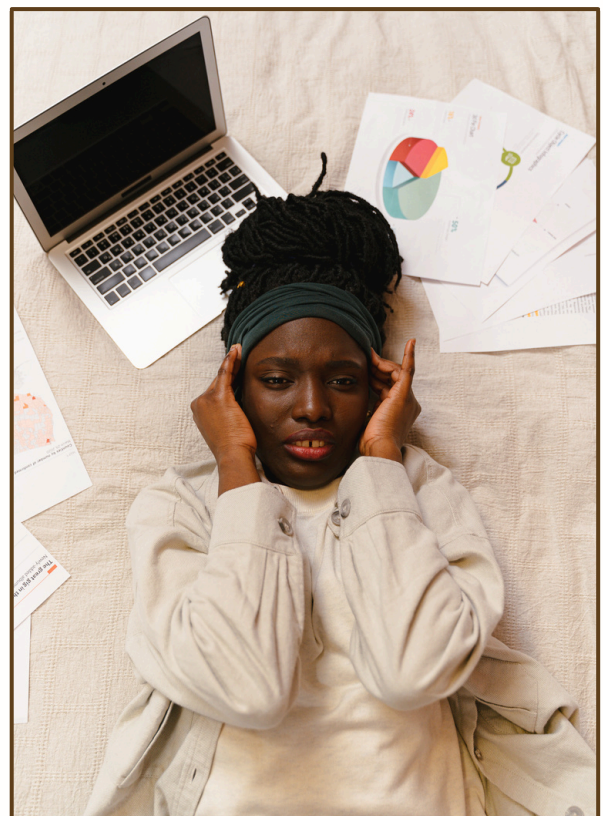
STRESS/ANXIETY

My body asking for safety

Ritual Box:

- Oil: Frankincense
- Application: Rub between palms, place hands over heart

Affirmation: "I am safe in this moment."





SADNESS

Proof that I have
loved deeply

Ritual Box:

- Oil: Bergamot
- Application: Diffuse or apply to wrists

Affirmation: “I allow joy to return gently.”

ANGER/FRUSTRATION

Anger

Ritual Box:

- Oil: Peppermint
- Application: Back of neck or inhale directly

Affirmation: “I channel this fire into clarity.”





LONELINESS/DISCONNECTION

A reminder of my
need for
connection

Ritual Box:

- Oil: Rose
- Application: Over the heart

Affirmation: "I am worthy of love
and belonging."

STRESS/ANXIETY

My body asking
for safety

Ritual Box:

- Oil: Frankincense
- Application: Rub between
palms, place hands over
heart

Affirmation: "I am safe in this
moment."



Daily Emotional Rituals

- Morning ☀️
 - Oil: Lemon
 - Action: Inhale deeply before journaling

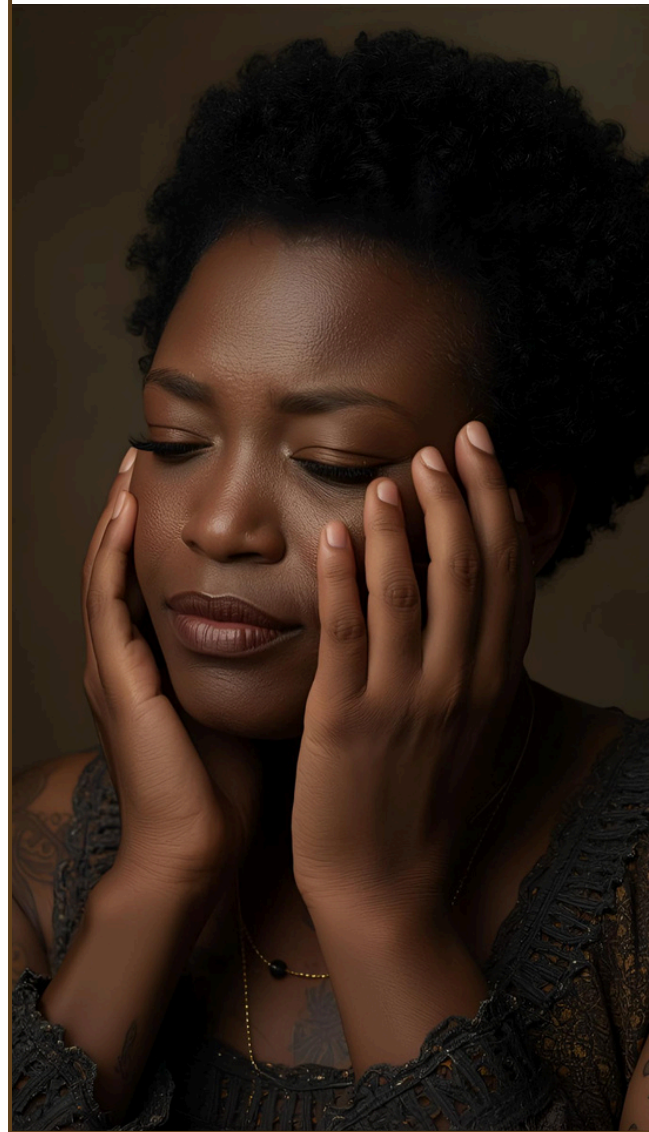
Affirmation: "Today I choose clarity."

- Midday 🌿
 - Oil: Balance Blend (or grounding oil)
 - Action: 1 drop on wrists + 3 mindful breaths

Affirmation: "I am steady and centred."

- Evening 🌙
 - Oil: Roman Chamomile
 - Action: Diffuse beside bed

Affirmation: "I surrender into rest."



DATE

MOOD

YOU ARE NOT TOO MUCH. YOU ARE NOT TOO LATE.

JUST AS THE MOON CYCLES THROUGH PHASES – WAXING, WANING, RESTING, GLOWING – SO TOO DO OUR EMOTIONS. YOU ARE ALLOWED TO EBB AND FLOW. YOU ARE ALLOWED TO BEGIN AGAIN.

GOALS

TO DO

IF YOUR HEART IS READY FOR DEEPER SUPPORT, I'D BE HONOURED TO WALK BESIDE YOU.

[HTTPS://CALENDLY.COM/SONIA-MB6E](https://calendly.com/sonia-mb6e)

How to Start Your Journal

CHAPTER THREE

Journaling: A Gentle Way to Reconnect with Yourself

Journaling isn't about being a "good writer" or having the perfect notebook. It's simply a safe space to pause, breathe, and listen to your inner voice. Whether you're feeling scattered, stuck, or just need a moment of clarity, journaling helps you:

- 🌿 Release emotional clutter — Get thoughts out of your head and onto paper so they stop swirling.
- 💡 Spot patterns and insights — Notice what keeps showing up, and what your heart might be trying to tell you.
- 🌬️ Create calm and clarity — Even five minutes can help you feel more grounded and less reactive.
- ❤️ Build self-trust — The more you show up for yourself, the more you remember that your feelings matter.

How to Start (No Pressure, Just Permission)

1. 📝 Choose your space — A notebook, a notes app, or even scraps of paper. Whatever feels easy.
2. 🕯️ Set a gentle intention — "I'm here to listen to myself." That's enough.
3. 🌸 Begin with a prompt — Try:
 - "Today I feel..."
 - "What I need most right now is..."
 - "One thing I'm proud of..."
4. ⏳ Keep it short — 5–10 minutes is plenty. No need to write everything
5. 📧 End with kindness — A simple affirmation like "I'm doing the best I can" or "I'm allowed to rest."

DATE

MOOD

DAILY JOURNAL

YOUR THOUGHTS

GOALS

TO DO

DATE

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YOUR THOUGHTS

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YOUR THOUGHTS

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TO DO



Congratulations

I just wanted to take a moment to honour you.

Completing the Emotional Essentials Ritual Guide is no small thing—it's a brave, beautiful act of self-tending. You've shown up for yourself with intention, curiosity, and heart, and that deserves deep celebration. Whether the shifts felt subtle or seismic, you've planted something powerful. I hope you're feeling a little more spacious, a little more seen, and a lot more connected to your inner wisdom.

Thank you for trusting this process. I'm so proud of you.

With warmth and admiration,

Sonia x.

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Need more insight
& support?

Checkout my website

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