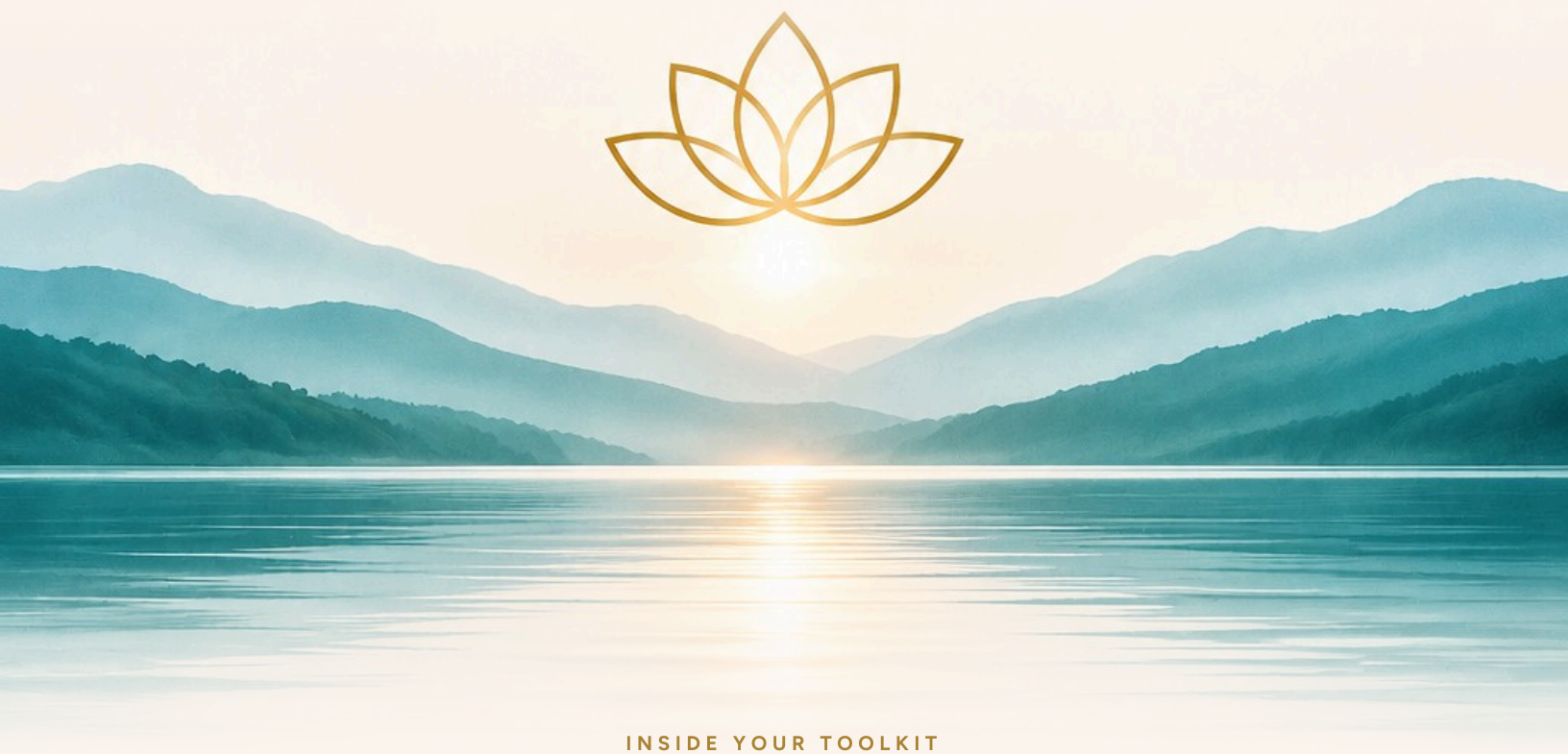
THE OFFICIAL COMPANION TOOLKIT

Stillness *Is a* Superpower

A PRACTICAL GUIDE TO RETURNING TO YOURSELF

Breathwork · Meditation · Movement · Mantras



INSIDE YOUR TOOLKIT

BMMM Quick Start / Five-State Self-Check / Mantra Library
Breathwork + Movement Menus / 10-Minute Reset / 30-Day Regulation Tracker
Practice Safety Guidelines / A closing reminder to keep returning

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Awareness. Regulation. Transformation.

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Your BMMM Quick Start

The BMMM System is Breathwork, Meditation, Movement, and Mantras. Choose what feels manageable. You do not need to do all four.

B / BREATHWORK

When you feel rushed or activated, try a few gentle, comfortable breaths.

M / MEDITATION

When thoughts pull you in different directions, pause and notice the present moment.

M / MOVEMENT

When you feel tense or stuck, walk, stretch, sway, or move gently.

M / MANTRAS

When your self-talk turns harsh, choose one believable phrase and one small action.

THE QUESTION TO ASK

What am I experiencing right now, and what might support me?

Sometimes the best next step is rest, a boundary, a conversation, or professional support. Stop or adapt any practice that feels uncomfortable.

What State Am I In?

Notice your thoughts, sensations, and energy. These five states are a reflection tool, not a diagnosis or a ladder you must climb.

SHUTDOWN Low energy, numbness, wanting to withdraw	Rest, light, gentle movement, and support.
FREEZE Feeling stuck, tense, unsure what to do	Orient to your surroundings. Take one small step.
ACTIVATED Urgency, racing thoughts, tight shoulders	Slow down. Walk, breathe comfortably, delay big decisions.
REGULATED Steadier breathing, more room to choose	Communicate, set boundaries, follow through.
CONNECTED Ease, openness, and capacity for connection	Connect, create, appreciate what supports you.

AFTER YOU NOTICE

What do I need right now?

Mantra Library

Choose words you can honestly work with today. A believable phrase can be more useful than one you feel pressured to believe.

WHEN SHUT DOWN

"I am here in this moment."

"One small step is enough today."

WHEN FROZEN

"I can begin without having every answer."

"I can take one manageable step."

WHEN ACTIVATED

"I can pause before I respond."

"I do not have to solve everything now."

WHEN YOU OVERGIVE

"My needs matter, too."

"I can love without abandoning myself."

WHEN STEADY

"I am learning to trust myself."

"I can respond with intention."

WHEN CONNECTED

"I can receive support and love."

"I can enjoy this moment."

FIND THE BELIEVABLE VERSION

If "I trust myself completely" feels untrue, try "I am learning to trust myself." Pair the words with one small action.

Breathwork Menu

Begin by noticing your natural breath. Keep every practice gentle and comfortable. There is no need to force a deeper breath.

LONGER EXHALE / 4–6

Breathe in gently for a count of 4. Exhale comfortably for a count of 6. Repeat a few times, then return to natural breathing.

4–4–6 BREATHING

Inhale for 4, pause for 4, and exhale for 6, only if the pause feels comfortable. Shorten the counts or skip the hold whenever needed.

A SIMPLE DAILY RETURN

Take one comfortable breath. As you inhale, silently say “I receive.” As you exhale, say “I release.” Or simply notice the air moving in and out.

SAFETY | Stop if dizzy, distressed, or uncomfortable. Never practice counted breathing or breath holds while driving, in water, or anywhere fainting could cause harm.

Movement Menu

Ask: What kind of movement would support me right now? Rest is also a valid answer.

RESTLESS	A short walk, at a comfortable pace.
TENSE	Gentle shoulder rolls or stretching.
OVERWHELMED	Sway, dance, or move freely, with no audience.
SHUT DOWN	Stand, open the curtains, or cross the room.
EXHAUSTED	Rest, or gentle seated movement if you want it.

MOVE BEFORE YOU SOLVE

If you feel activated and the situation allows, walk gently for a few minutes. Pause and ask: Is there a little more room to choose my next step?

Your 10-Minute Reset

This is a flexible guide, not a test. Shorten or skip any step that does not feel supportive.

0–1 MIN	**ORIENT**	Look around. Notice what you can see, feel, and hear.
1–4 MIN	**BREATHE**	Try comfortable breathing, such as a gentle 4-count inhale and 6-count exhale.
4–7 MIN	**MOVE**	Walk, stretch, roll your shoulders, or move while seated.
7–9 MIN	**BECOME STILL**	Let your breathing return to normal. Ask what is true for you now.
9–10 MIN	**MANTRA**	Choose one believable sentence and one small next step.

AFTER YOUR RESET

What do I need, and what is one step I can take?

30-Day Regulation Tracker

Days 1–15. Notice your state before and after, record the practice, and write one thing you learned. Missed a day? Begin again.

States: Shutdown • Freeze • Activated • Regulated • Connected

DAY	DATE	BEFORE	PRACTICE	AFTER	NOTICE
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					

Look for progress in noticing, responding, and returning, not perfection.

30-Day Regulation Tracker

Days 16–30. Notice your state before and after, record the practice, and write one thing you learned. Missed a day? Begin again.

States: Shutdown • Freeze • Activated • Regulated • Connected

DAY	DATE	BEFORE	PRACTICE	AFTER	NOTICE
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					

Look for progress in noticing, responding, and returning, not perfection.

Practice Safety Guidelines

These practices support education and everyday reflection. They do not replace medical or mental health care.

WHEN TO STOP

Stop if you feel dizzy, panicked, in pain, disconnected, or unsafe. Return to natural breathing, open your eyes, and orient to your surroundings.

BREATHWORK

Keep breathing gentle. Skip holds when uncomfortable. Never use counted breathing or breath holds while driving or in water.

MOVEMENT

Move within your comfort level. Make movements smaller, sit down, or stop if something hurts. Rest is always an option.

MEDITATION

You may keep your eyes open. If strong emotions or sensations arise, pause. They do not prove anything specific is being released.

WHEN TO SEEK MORE SUPPORT

If distress, panic, flashbacks, or disconnection persist or affect daily life, speak with a qualified professional. Coaching is not therapy. If you feel unsafe in a relationship, contact a trusted person or a domestic violence support service. In an emergency, contact local emergency services.

Keep Returning

If you miss a day, begin again.

If your mind wanders, begin again.

If life feels overwhelming, begin again.

There is no shame in beginning again.

GO DEEPER WITH THE BOOK

Stillness Is a Superpower

A Simple Guide to Understanding Your Nervous System and Building Lasting Change

WORK WITH FREDDIE

Breakthrough Bliss Academy

Private 90-day relationship transformation coaching

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