

SOINS • YOUR MOMENT OF CALM

THE BUSY PERSON'S GUIDE TO UNWINDING

5 simple ways to release daily tension, make time for yourself, and feel
more relaxed

A gentle, practical guide for people with full calendars and very little time to spare.

**YOU DON'T NEED A PERFECT ROUTINE.
YOU JUST NEED A SMALL PLACE TO BEGIN.**

A little breathing room can help you move through your day with more intention. Start with one idea that
feels doable today.

Your five-minute reset

When your day feels nonstop, you don't always need a big break. Sometimes a few intentional minutes can help you pause and check in with yourself.

Try this simple reset

1. Pause	Put your phone face down and step away from your current task, if possible.
2. Unclench	Relax your jaw, lower your shoulders, and let your hands rest comfortably.
3. Breathe gently	Take a few comfortable, unforced breaths. Let your exhale be slow without holding your breath.
4. Move a little	Roll your shoulders, stretch your hands, or stand up and move in a way that feels good.
5. Choose one next step	Ask yourself: "What is the one thing that needs my attention next?" Let the rest wait for now.

A small reminder

The goal isn't to make every stressful moment disappear. It's to give yourself a little space before moving on.

Create a softer landing after work

The transition from work to personal time can be difficult, especially when messages and to-do lists follow you home. A simple repeatable routine can help signal that your workday is ending.

Choose three small cues

01

Close the workday

Write down tomorrow's top priority and any task you need to remember. Then close your laptop or put work items away.

02

Change the atmosphere

Change into comfortable clothes, dim harsh lights, open a window if practical, or play music you enjoy.

03

Give your attention a new focus

Make tea, take a warm shower, read a few pages, stretch gently, or chat with someone you care about.

Make it realistic

Start with 10 minutes. You don't have to do the same thing every evening—choose what suits the day you've had. If you miss a night, simply begin again tomorrow.

MY WIND-DOWN PROMISE

Tonight, I'll make a little space for myself by: _____

When a quick break may not be enough

A five-minute reset is a useful starting point, but sometimes you may need more support, more rest, or a change in your routine.

Check in with yourself

- I feel tense or irritable more often than usual.
- I'm finding it hard to switch off from work or responsibilities.
- I keep postponing rest until everything else is done.
- I feel drained even after a quiet evening.
- I can't remember the last time I did something just because I enjoy it.

If several of these feel familiar

Consider making a little more room for rest, talking with someone you trust, or seeking professional support if stress is persistent or affecting daily life. A wellness treatment can be one way to set aside time for yourself, but it isn't a substitute for medical or mental-health care when that's needed.

04 | YOUR WEEKLY RELAXATION PLAN

Plan small moments of care

Choose one small thing each day. Keep it simple enough that you can actually do it.

DAY	MY SMALL MOMENT OF CARE
MON	_____
TUE	_____
WED	_____
THU	_____
FRI	_____
SAT	_____
SUN	_____

My non-negotiable 10 minutes this week: _____

You deserve a moment that's just for you.

Self-care doesn't have to be elaborate or expensive. It can be a quiet cup of tea, a short walk, a few minutes without notifications, or asking for help when you need it.

Start small. Notice what helps. Give yourself permission to try again.

YOUR MOMENT OF CALM

If you'd like to make relaxation part of your routine, Soins invites you to explore our massage and wellness treatments.

Message us on Facebook or Instagram to learn more about available treatments and ask about booking.

Facebook: _____

Instagram: _____

A gentle note

This guide shares general self-care ideas for everyday life. It is not medical advice and does not promise to prevent or treat any health condition. Choose activities that feel comfortable for you and seek qualified help for ongoing or concerning symptoms.

SOINS • MAKE TIME FOR YOURSELF. YOU DESERVE IT.