

THE RELAXED WOMAN RESET

30 DAYS OF TINY REST
RITUALS FOR WOMEN WHO
HAVE NO TIME TO REST

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**I'M SO HAPPY YOU'RE HERE,
READY TO BEGIN YOUR JOURNEY
TO A MORE RESTFUL, JOYFUL WAY
OF BEING.**

**MAY WE BECOME RELAXED
WOMEN TOGETHER.**

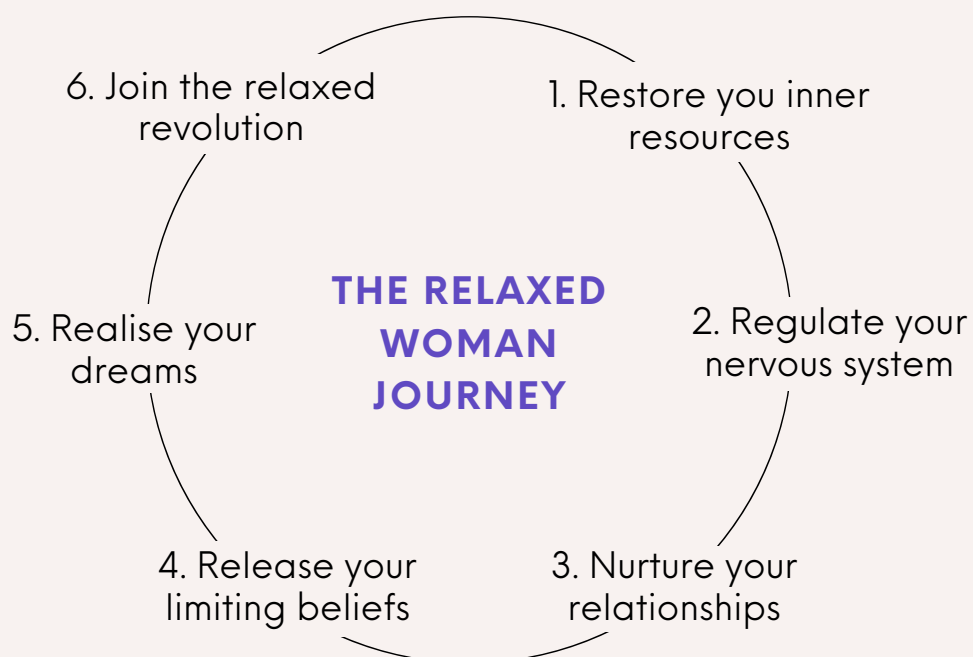


INTRODUCTION

I created The Relaxed Woman Reset because, as a psychologist, author and mama to a wild and spirited one-year-old, I know how challenging it can be to get the rest you need!

Over the next 30 days, we'll practise one tiny rest ritual a day, each one designed for you to weave into the sacred chaos of life.

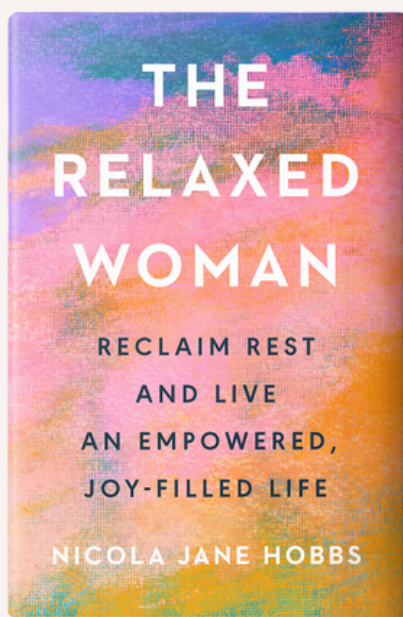
Each ritual is grounded in psychology and neuroscience and is carefully ordered to follow the six phases of The Relaxed Woman Journey.



BEFORE WE BEGIN

If you're here, it's likely because something in you is longing to slow down, soften, and reclaim rest — even when the world keeps asking you to do more.

The Relaxed Woman Reset is a free companion to my upcoming book, [The Relaxed Woman: Reclaim Rest and Live an Empowered, Joy-Filled Life](#), which dives deeper into the science, psychology and cultural unlearning that make rest not only healing, but revolutionary.



If the Reset speaks to you, I'd be honoured if you'd consider pre-ordering the book. Pre-orders help authors more than you know — they show publishers this work matters, and they help ensure the message reaches the women who need it most.

Thank you for being part of this quiet revolution.

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LET'S BEGIN!

DAY 1

HAND ON HEART PAUSE

Throughout the day, especially in moments when you're feeling stressed or overwhelmed, rest one hand gently on your heart. This moment of self-soothing sends a signal of safeness to your nervous system, softly reminding your body that it's safe to rest.

DAY 2

EXHALE SLOWLY AND MINDFULLY

When you feel anxious or find yourself rushing — or in the natural pauses of life such as waiting at a traffic light or for someone to answer their phone — try exhaling slowly and deliberately, as if blowing through a straw. This simple act soothes your nervous system, interrupts urgency and offers a quiet release in a world that so often asks women to hold everything in.

DAY 3

SOFTEN ONE BODY PART

Gently bring awareness to one area of tension — your jaw, shoulders or belly — and invite it to soften as you exhale, weaving this into busy moments like washing dishes or answering emails, to signal safeness to your nervous system and interrupt the internalised drive to hold everything together.

DAY 4

SAVOUR THE FIRST SIP

As you take the first sip of your coffee or tea, pause to feel its warmth, taste its flavour and let it anchor you in the moment. This is a grounding ritual to weave into even the busiest mornings to help calm your nervous system, interrupt autopilot and remind you that nourishing yourself matters.

DAY 5

PAUSE FOR FIVE BREATHS

Between tasks, pause and take five slow, intentional breaths as a simple practice you can weave into transitions throughout the day — such as between sending one email and reading another. This offers a sense of safeness to your nervous system, softening any inner urgency and helping you to reconnect with the present moment and yourself.

DAY 6

SMELL SOMETHING SOOTHING

Slowly inhale a soothing scent throughout the day. This could be a citrus-scented soap in the bathroom, some cinnamon sticks in the kitchen or some lavender hand cream that you keep in your bag. This sensory ritual calms the limbic system and grounds you in the present moment.

DAY 7

LISTEN TO SOOTHING MUSIC

While doing a chore like folding laundry or washing dishes, play calming music that soothes you, letting the rhythm slow your inner pace. This regulates your nervous system and helps to turn the obligations of everyday life into nourishment.

DAY 8

ROCK GENTLY SIDE TO SIDE

While standing at the sink, cooking or soothing your baby, gently rock your body side to side in a slow, rhythmic motion. This subtle movement taps into the brain's earliest calming patterns, helping to regulate your nervous system through vestibular input and restore a sense of embodied ease.

DAY 9

TAP GENTLY ON YOUR CHEST

Place your fingers on the centre of your chest and gently tap in a steady rhythm for 30–60 seconds, especially during moments of overwhelm or transition. This simple, embodied practice helps to soothe the nervous system, soften anxiety and calm emotional reactivity.

DAY 10

LOOK AT SOMETHING BEAUTIFUL

Pause to *really* see a flower, the sky, a loved one's face — let your gaze soften and your breath slow. Soft gaze and beauty calm the visual cortex and widen attention, reducing hypervigilance and restoring a sense of calm.

DAY 11

ASK FOR HELP WITH SOMETHING

Choose one small task and clearly and lovingly ask, 'Please could you...?'. This could be delegating one task at work, asking a family member to clean up after dinner or asking a friend to remind you to rest. Asking for support makes the invisible labour women do visible, regulates overwhelm, disrupts overfunctioning and models vulnerability.

DAY 12

EXPRESS A NEED WITHOUT HINTING

When you would usually self-silence or suppress your needs, communicate them directly. For example, 'I need five minutes to myself' or 'Please can you hold this for me?'. Expressing your needs clearly and directly interrupts fawning patterns and affirms agency, building nervous system safeness and undoing habits of self-sacrifice.

DAY 13

SEND A 'THINKING OF YOU' MESSAGE

Reach out with a simple message to someone you care about. These tiny connections help to co-regulate your nervous system and soothe stress by fostering a sense of belonging and cultivating safeness in your relationships.

DAY 14

SPEAK ONE TRUTH GENTLY

Share something vulnerable that you wouldn't usually share – 'Today was hard', 'I'm feeling really down', 'I need more help around the house'. When we are vulnerable in relationships that feel safe, we nurture intimacy, creating a source of co-regulation for our nervous systems and helping us to relax and restore.

DAY 15

SET A SMALL LOVING BOUNDARY

Say 'no' to one small thing. For example, 'I'd love to help another time, but I can't today.' Setting small boundaries rewires nervous system patterns shaped by people-pleasing and over-giving, helping to restore energy, autonomy and self-trust.

DAY 16

REST BEFORE YOUR TO-DO LIST IS DONE

Pause halfway through your tasks and lie down, stretch or breathe. Resting before your to-do list is done teaches your nervous system to feel safe with unfinishedness, interrupts perfectionism and overworking and shows your nervous system that rest isn't earned through productivity.

DAY 17

OFFER YOURSELF WORDS OF SELF-COMPASSION

When you notice yourself feeling stressed or overwhelmed, offer yourself a phrase of self-compassion such as, 'This is hard, and I'm doing my best'. Self-compassion lowers stress hormones, increases emotional resilience and offers a soothing alternative to habitual patterns of self-criticism.

DAY 18

GO AGAINST A 'SHOULD'

When you hear an internal 'I should...', pause and ask: '*Whose voice is that?*' – and then do the opposite. As you create space from the internalised 'shoulds', it gives you the freedom to make mindful and nourishing choices instead of being driven by guilt or fear.

DAY 19

PLACE A PERMISSION SLIP WHERE YOU'LL SEE IT

Write, 'I am allowed to rest', 'I am allowed to express my needs' or whatever you need to give yourself permission to do today and put it on your fridge or desk. These visual reminders help soften internalised beliefs, reinforce new neural pathways and recondition your environment to support nervous system restoration.

DAY 20

ASK YOURSELF, 'WHAT WOULD A RELAXED WOMAN DO?'

Use this as a gentle mantra when you're feeling pulled to overwork or overgive or are unsure about a decision. Let the wisdom of the relaxed woman within guide you, interrupting any dysregulating stress reaction habits and inviting decisions from a place of self-trust instead of stress and reactivity.

DAY 21

DO ONE THING TODAY JUST FOR THE JOY OF IT

Dance in the kitchen. Do a cartwheel. Scribble in a notebook. No purpose, just pleasure. Joy restores dopamine and helps you to untangle your worth from your productivity.

DAY 22

NAME ONE DESIRE OR DREAM

Whisper it. Write it. Let it live outside of your mind. Acknowledging desire awakens vitality and makes space for becoming beyond working and caregiving.

DAY 23

DO SOMETHING IMPERFECTLY

Embrace an 'It'll have to do' mindset with one task. Send an email without checking it ten times, leave the unwashed dishes in the sink overnight, post something online without over-editing, let there be crumbs. Imperfect action shows your nervous system that imperfection is safe and helps you to release the belief that you need to be perfect in order to be worthy.

DAY 24

LET YOURSELF DAY DREAM

As you're doing a chore, let your mind wander to something that excites or inspires you. This taps into the default mode network — the neural system associated with imagination, self-reflection and emotional processing — allowing your mind to shift out of 'productivity mode' and into a restorative flow. As you daydream, you give your brain a chance to decompress, integrate emotions and explore desires without pressure to perform or produce.

DAY 25

SLOW EVERYTHING DOWN BY 10%

Walk, talk, type, shower, mother just slightly slower. Slowing down sends a powerful signal to your brain that urgency is no longer required, gently shifting your nervous system out of fight-or-flight and into a state of restful awareness. In a world that constantly tells women to rush and multitask, moving 10% slower becomes a quiet act of self-respect and resistance

DAY 26

WEAR COMFY CLOTHES

Choose softness and ease even if your clothes are 'unfashionable' or 'unflattering'. This offers your nervous system sensory soothing and affirms that your body is for living in, not performing through.

DAY 27

LET THEM SEE YOU REST

Lie on the sofa while your kids play. Step away from your desk during your lunch break. Say aloud, 'I'm going to rest now' so your family witness it. Letting other people see you rest challenges the internalised belief that rest must be hidden or earned — and replaces it with an embodied permission to be human, visible and worthy without doing. When others witness you rest and do not criticise you, your nervous system learns, rest is safe.

DAY 28

READ ONE PAGE OF SOMETHING NOURISHING

Keep a book nearby and pause to read one page. If you're looking for inspiration, this is page 243 of The Relaxed Woman.

I believe rest is a birthright. I believe we deserve more than being constantly exhausted. I believe one of the greatest gifts we can offer the world is our relaxed, loving presence. I believe change can come if thousands of women decide they are no longer willing to live frantic, burnout-inducing, sleep-deprived lives. I believe that the personal is political, that psychological healing and social transformation are deeply intertwined. I believe that relaxed women can change the world.

As each of us is beginning to honour our need for rest, regulate our nervous systems and nurture our relationships, we are challenging the stress-inducing norms of urgency, productivity, self-sacrifice and self-sufficiency. As we simultaneously unlearn the conditioning that has convinced us of our unworthiness, we are shaking off the shackles that have been placed on us collectively, freeing us to imagine new ways of being for ourselves, our families and our society. As we voice our desires and pursue our dreams, we expand our horizons of possibility so that ideas for the kind of world we want to live in – ideas that once seemed unimaginable and unrealistic and unreasonable – become sources of hope.

DAY 29

VISUALISE YOURSELF AS A RELAXED WOMAN

Throughout the day, close your eyes and imagine yourself as a relaxed woman — how you move, how you breathe, how you respond compassionately to your mistakes, how you hold boundaries with love, how you rest. This beautiful visualisation awakens the same neural pathways as real experience, rewiring stress-based identity patterns and allowing you to embody the possibility of becoming a relaxed woman as you become one.

DAY 30

ENCOURAGE ANOTHER WOMAN TO REST

We become relaxed women together. Today, encourage another woman to rest. Remind them, 'You don't have to do it all' or 'You deserve to rest too'. If they feel as though there is no time to rest, share your experience of The Relaxed Woman Reset and invite them to join in too. Permission is contagious. When you rest visibly and encourage other women to rest, you liberate other women too – untangling rest from guilt and reweaving it with joy. Rest becomes a shared form of restoration – a quiet and sacred revolution.

Thank you for taking these moments to slow down with The Relaxed Woman Reset. Each small pause you've taken is part of something much bigger — a remembering, a rewiring, a quiet rebellion against a culture that equates worth with exhaustion.

If this reset has resonated with you, I invite you to continue your healing journey with my book! It's filled with science, soul and strategies to help you reclaim rest, regulate your nervous system and live with more ease, enoughness and joy.

If you're able, pre-ordering the book is one of the most powerful ways you can support its message reaching more women like you — women who yearn to rest without guilt, live without rushing and become relaxed in their own powerful and beautiful ways. You're not alone. You're part of a growing revolution.

[CLICK HERE TO PRE-ORDER](#)

