

**Mind Your Moments™**

# **Gentle Mental Wellness Tips**

Supportive reminders for everyday balance

## **When Your Mind Feels Busy**

- You don't need to solve everything today
- Take one slow breath before responding
- Notice one thought without judging it
- It's okay to pause before deciding

## **When You Feel Emotionally Drained**

- Rest is not something you earn
- You're allowed to feel tired and still be worthy
- Small breaks still count
- You don't have to explain your limits





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## **When Anxiety or Stress Shows Up**

- Name what you're feeling instead of fighting it
- Ground yourself in what you can see or touch
- Slow your breath before your thoughts
- This feeling will shift, even if slowly

## **Gentle Reminders**

- Progress doesn't have to be loud
- You're allowed to move at your own pace
- Being kind to yourself is productive
- You're doing better than you think

You don't need to fix yourself. You just need moments of care — again and again.

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