



Calm is a scam unless you make it bite-sized

Hey there,

So listen — if you've ever *meant* to prioritize your wellness but somehow ended up binging on social media, folding laundry, and googling "quick meals with nothing in the fridge," welcome. You're in the right inbox.

Because this calm-and-collected life?

Yeah... it doesn't just *happen*. Especially not when your to-do list is starring in its own horror movie.

Let's get real for a second:

Making time for wellness feels impossible some days.

It's not that you don't care. You care *a lot*.

But between work, family, mental tabs, and maybe even trying to hydrate — wellness ends up feeling like *another task* to fail at.

And that's exactly why I created this space.

Not for the people who wake up at 5am, meditate, and make matcha.

(Unless you are that person — in which case, teach me your ways.)

But for the rest of us who need wellness to be *doable*. Bite-sized. Sometimes even messy.

So here's your permission slip:

Wellness can look like **10 minutes with a journal**, a deep breath in the bathroom (door locked, obviously), or saying “nope” to something that doesn't serve you.

You don't need a spa day. You need a *moment*.

And you can absolutely start there.

This newsletter will drop into your inbox every other week with:

- Tiny, practical ways to get back to *you*
- Thoughtful prompts + real-life reflections
- Tools to support your calm (without becoming a second job)
- And always, always a little humor — because we're not above laughing at our own chaos

If you've made it this far, consider this your gentle nudge to open that journal (or just sit still for 3 minutes without multitasking).

Baby steps count. Always.

Later.... for now,

Kimberley

Your calm-but-caffeinated (like the green tea kind) companion in the wild world of wellness

The Calm Cue



Journal Prompt of the Moment:

**What would it look like to give myself 10 minutes
today — just for me?**

(And if I don't think I have the time... what's *really* in
the way?)

No rules. No pressure. Just write what comes up —
even if it's just "I'm tired." That counts too.

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