



Helping Dost

Your Space To Talk, Heal & Grow

Pause, Breathe, Begin Again

A gentle guide to slow down,
Find your centre and move forward

Life can feel busy, overwhelming or uncertain at times. This journal is your space to pause, take a breath and reconnect with the present moment. It's not about fixing everything — it's about giving yourself a little time, care and kindness.

Small pauses
can make a
big difference.

Before I begin, I want to check in with myself.

Right now, I feel...

One word that describes my day is...

Something I would like to focus on today is...

Take a breath. You've got this. 



partner@helpingdost.com



Helping Dost

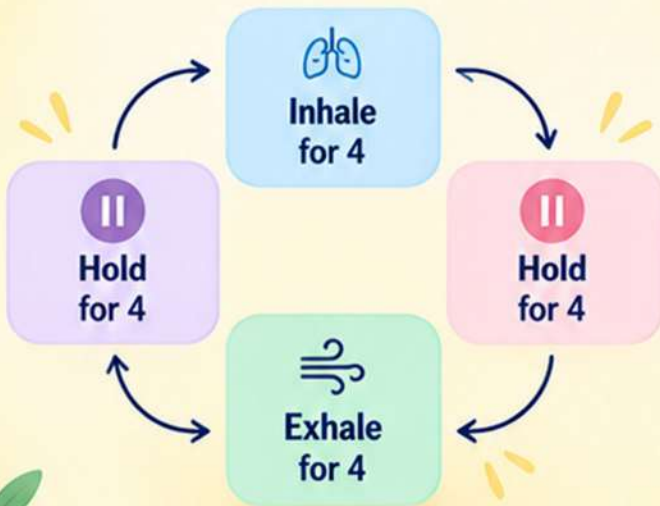
Your Space To Talk, Heal & Grow

Breathing Techniques

Your breath is always with you. It can help you feel calmer, more present and more in control.

1. Box Breathing

A simple way to calm your mind and body.



2. 4-7-8 Breathing

Helps you relax and feel more grounded.

- 1 Inhale through your nose for 4 seconds.
- 2 Hold your breath for 7 seconds.
- 3 Exhale through your mouth for 8 seconds.



3. Belly Breathing

A gentle breath to bring you back to the present.

- 1 Place one hand on your chest and one on your belly.
- 2 Breathe in slowly through your nose (feel your belly rise).
- 3 Breathe out slowly through your mouth (feel your belly fall).



When to try these?

- ☐ When you feel stressed or overwhelmed
- ☐ When your mind feels too busy
- ☐ Before a challenge or important moment
- ☐ Anytime you just want to feel calmer



There's no perfect way to breathe.
Just a way that feels good for you. ♥



Helping Dost

Your Space To Talk, Heal & Grow

Mindful Moments

It's not about doing more, It's about noticing what's already here.

1 5 Senses Check-In

Take a moment to notice what you can see, hear, feel, smell and taste right now.



What do you see?



What do you hear?



What do you feel?



What do you smell?



What do you taste?

2 Nature Pause

Look around you, even if it's just for a moment. Notice something in nature: a plant, the sky, a tree or a patch of sunlight.



What do you notice?

How does it make you feel?

3 One-Minute Pause

Close your eyes (if you can) and just be still for one minute. Notice your breath, your body and the present moment.



4 Mini Mindful Activity

Choose one activity below and do it slowly, with full attention.

- ☐ Feel a sip of your drink
- ☐ Notice the texture of something around you
- ☐ Listen to a song mindfully
- ☐ Take a short walk
- ☐ Do a simple stretch

You don't have to do anything.
Just be here. 



Helping Dost

Your Space To Talk, Heal & Grow

Reflect & Reconnect

This is your space to explore what you need,
What you feel and what might help.

1

What has been on my mind lately?



2

What am I feeling right now?



3

What might help me feel more grounded or calm?



4

What do I need more of right now?

(e.g., rest, space, connection, reassurance, support)



5

What do I need less of right now?

(e.g., pressure, overthinking, negativity)



6

Is there something I can let go of, even if it's small?



You are
allowed to
feel, to pause,
to take up
space and
to start again.





Helping Dost

Your Space To Talk, Heal & Grow

A Fresh Start, One Step at a Time

You don't have to have it all figured out.
You just have to take the next small step.

1 My Personal Self-Care Plan

When I feel this way, I can...



2 Gentle Reminders for Myself I am...

☐ Brave

☐ Enough

☐ Doing my best

☐ Capable

☐ More than I think

☐ Growing

☐ Always learning

☐ Loved

3 One Small Step

What is one small thing I can do for myself today?



4 A Note to Myself

If I could speak to my future self, I would say...



Pause. Breathe. Begin Again.

You are stronger than you think.

