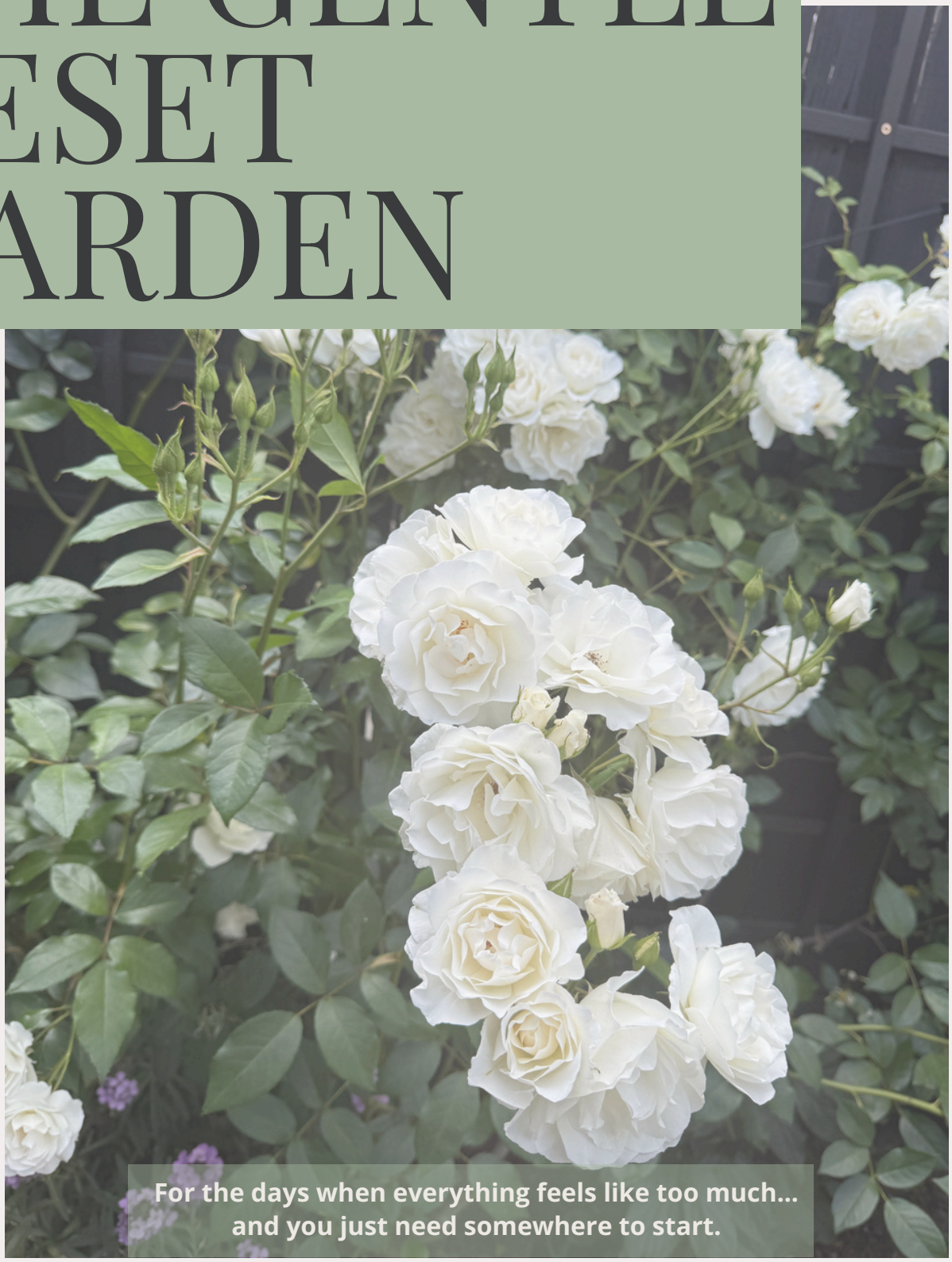
A SOFT WAY TO BEGIN AGAIN

THE GENTLE RESET GARDEN



HI LOVELY, NICE TO MEET YOU!

If you're here, you might be feeling tired... overwhelmed... or simply not quite yourself.

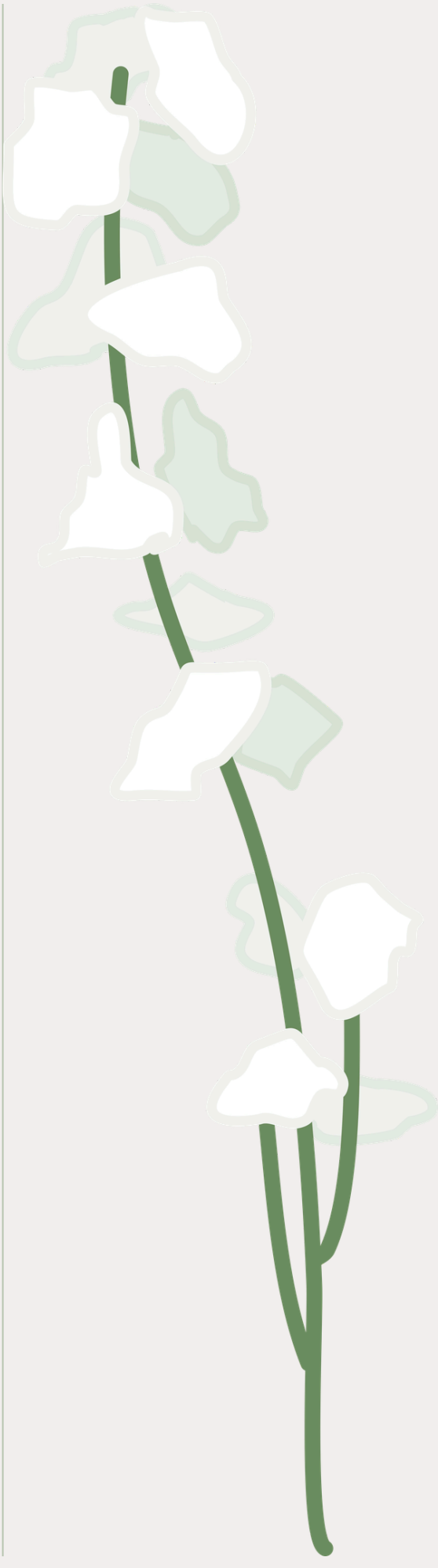
And when you feel like that, even the smallest things
can start to feel heavy.

This guide isn't here to fix you.
It's here to gently support you — right where you are.

You don't need to catch up.
You don't need to get everything back on track.

You can begin again from this moment.

Slowly... softly... in your own rhythm.





ENTERING THE GARDEN

In a garden, nothing blooms all year round.

There are seasons of growth…
and seasons where everything appears still.

But even in the stillness, something is happening beneath the surface.

Roots are deepening.
Energy is being restored.

You are not falling behind.

You are simply in a season.

WINTER DAYS

These are the days where everything feels heavier than it should.

You might feel:

- withdrawn
- exhausted
- disconnected

And your instinct might be to push yourself…
but this is not a season for pushing.

This is a season for being held.

What you need most right now:
Warmth, softness, and less expectation

GENTLE RESETS:

- Sit near natural light for 5 minutes
- Wrap yourself in something soft
- Drink something warm slowly
- Do one small thing — and let it be enough



SPRING DAYS

Something is shifting.

You might not feel “better”…
but you feel a small opening.

This is where you begin again — carefully.

GENTLE RESETS:

- Open a window
- Tidy one small surface
- Water a plant or step outside
- Start one small task (no more)



SUMMER DAYS

There is more light here.
More energy. More possibility.

But even here, you don't need to do everything.

GENTLE RESETS:

- Choose 1–2 meaningful tasks
- Spend time outside
- Connect with someone safe
- Move your body gently



AUTUMN DAYS

You may feel a quiet pull inward.
A need to slow down, even if life is still moving.

This is your signal to begin softening.

GENTLE RESETS:

- Write down what's on your mind
- Clear one small area
- Let go of one expectation
- Begin your evening earlier



YOU DON’T NEED A FULL RESET.

YOU DON’T NEED TO FIX EVERYTHING TODAY.

YOU DON’T EVEN NEED TO FEEL BETTER.

YOU ONLY NEED:
ONE SMALL MOMENT OF CARE
ONE GENTLE DECISION
ONE PLACE TO BEGIN



YOUR SANCTUARY CORNER

Even the smallest space can become somewhere you feel safe.
A quiet corner...
a place to land ...
a space that holds you when things feel unsteady.

YOU MIGHT INCLUDE:

- A plant or fresh flowers
- Soft lighting
- A comforting scent
- A blanket, cushion, or chair

This isn't about perfection.
It's about creating somewhere that feels like yours.

Your environment can either support you...
or quietly overwhelm you.

We're not changing everything.
We're creating one small space that feels calm.

GARDEN PRACTICES FOR THE MIND

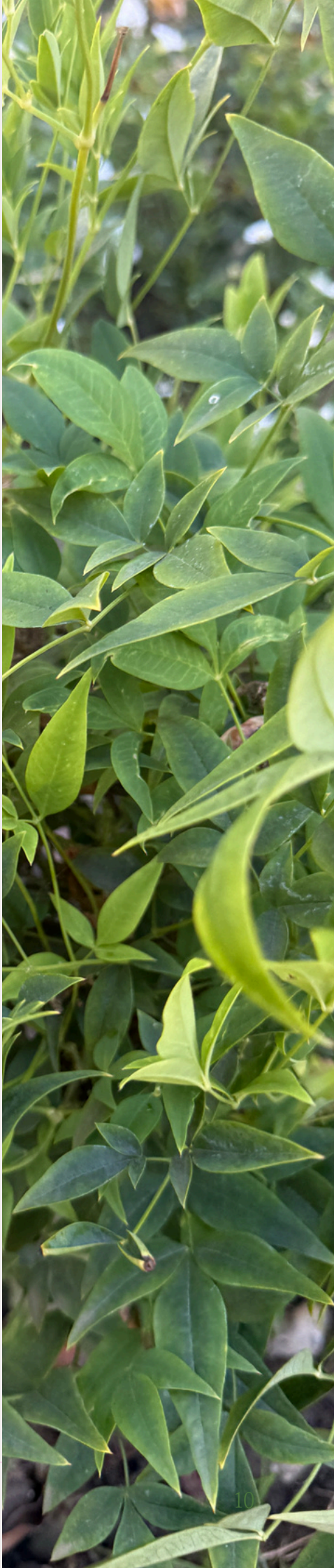
You don't need to change
how you feel.
Just gently notice where you
are.

TRY THIS:

- **TOUCH A LEAF SLOWLY AND NOTICE ITS TEXTURE**
- **LOOK FOR LIGHT AND SHADOW AROUND YOU**
- **LISTEN TO THE QUIET SOUNDS NEARBY**
- **WATER SOMETHING AND PAUSE AS YOU DO**
- **STEP OUTSIDE AND TAKE ONE SLOW BREATH**

These small moments help your nervous system settle.

You're not trying to "fix" how you feel...
you're helping your body feel safe again.





A GENTLE DAILY RHYTHM

Morning — Open gently
Let light in. Take a breath. Begin slowly.

Midday — Pause and tend
Nourish yourself. Do one thing that supports you.

Evening — Soften and close
Slow down. Dim the day. Let yourself rest.

THINK OF THIS AS ANCHORS... NOT A ROUTINE.

MY GENTLE RESET GARDEN

A SOFT PLACE TO BEGIN AGAIN

MY SEASON TODAY

Right now, I feel like I'm in:

□ Winter — low, heavy, withdrawn
□ Spring — starting again, gently
□ Summer — more energy, more capacity
□ Autumn — slowing down, needing space

WHAT'S PRESENT FOR ME RIGHT NOW

I'm feeling...

You don't need to explain it perfectly. Just notice.

WHAT I NEED MOST TODAY

Right now, I need more of:

□ Rest
□ Softness
□ Support
□ Space
□ Movement
□ Connection

Or something else:

ONE SMALL STEP I CAN TAKE

Today, I will gently:

This is enough

WHAT I'M RELEASING TODAY

Today, I give myself permission to let go of:

You don't have to carry everything.

A SMALL MOMENT OF CARE

Something that would feel comforting right now:

Examples:

- sitting quietly
- stepping outside
- wrapping in a blanket
- making a warm drink

I AM ALLOWED TO START AGAIN, AS MANY TIMES AS I NEED.

If this felt like a small exhale…

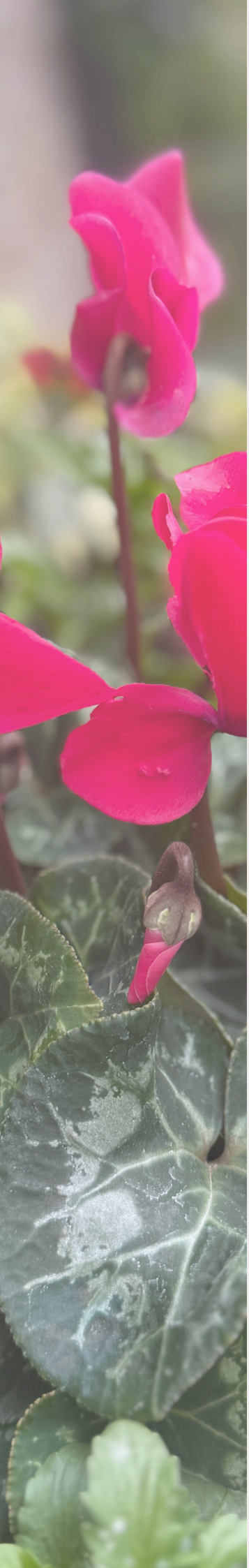
you don't have to stop here.
There are other ways I can support you
as you create a life that feels softer, steadier, and more your own.

You're always welcome here.

Lots of love
Kaye

> "And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom"





YOU'VE ALREADY TAKEN A STEP.
AND THAT MATTERS MORE THAN YOU REALISE.

YOUR NEXT GENTLE STEPS

If this guide brought you even a small sense of calm··· you don't have to stop here.

There are a few ways I can continue to support you ...gently, and at your own pace.

1. Begin Gently

The Gentle Reset Garden is something you can return to anytime you need to start again.

Save it. Revisit it. Let it meet you where you are.

2. Go a little deeper

Bliss Begins Here is a gentle introduction to understanding yourself, your rhythms, and what you truly need.

A soft next step when you're ready.

3. Be Fully Supported

If you're ready for deeper support, I offer coaching spaces where we can walk this path together — slowly, safely, and in your own rhythm.

You don't have to figure this out alone.

Explore more at:
blissinbipolar.com