



The Midlife Calm Kit

Your 10-Minute Toolkit to Turn Chaos into Calm

Hi and welcome!

If life's been feeling a little too full lately - juggling work, hormones, home life, and that never-ending mental to-do list...this is your gentle pause.

These next few pages are your *mini reset*: quick, calming tools designed to bring you back to *you*.

There's no pressure to do this perfectly. Just take a breath, exhale, and begin.

"You are allowed to slow down. You are allowed to take up calm."

Let's begin your 10-minute calm reset.

Karen
x



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Your Calm Toolkit

1. One-Minute Grounding: The 5-4-3-2-1 Mindset Anchor

When your thoughts start to spiral, use your senses to anchor yourself in the present.

5 things you can see

4 things you can touch

3 things you can hear

2 things you can smell

1 thing you can taste

Now, take one slow, deep breath, in through your nose, out through your mouth.
Feel yourself land softly in this moment.

This is presence. And presence is where your power begins.

2. Quick Reframe: Self-Hypnosis Prompt

“I release what’s not mine to carry today.”

Say it three times slowly.

Let the words sink into your body...shoulders softening, jaw unclenching, heart
lightening. Imagine the weight of the world melting away as you breathe out.

Release what’s not yours. What remains is what matters.

3. Journaling Prompt

“If my body could talk, what would she ask for right now?”

Close your eyes. Listen.

Maybe she’s asking for stillness, water, laughter, or to be left alone for five minutes.

Write whatever comes...no filter, no editing.

You already know what you need - this is your moment to listen.



Calm Reminder Quote

Calm isn't something you find, it's something you choose to become.

Print this. Pin it to your mirror, your fridge, your desktop, anywhere you need a reminder that rest is productive.

Every time you see it, breathe in calm.

Because you are doing enough. You *are* enough. You are more than enough.

You've just taken a few minutes to pause and reconnect, and that's where transformative change begins.

Calm isn't about escaping life; it's about returning to yourself within it.

Continue Your Midlife Reset

If you loved this mini reset, there's more waiting for you, practical tools and inspiring resources to help you rest deeper, stress less, and rediscover your spark as you step back into confidence.

Explore next:

- **Visit the Transforming Midlife website** for more free tools and programs designed to support you.
- **Join me on my newly launched YouTube channel:** [@Transforming_Midlife](#) for mindset insights, calm practices, and guided audios.
- **Discover my book:** *The Midlife Relief Kit* - packed with simple, proven strategies to help you sleep better, stress less, boost energy, and rediscover your confidence and purpose. Feel like *you* again - calm, clear, and in control. Available worldwide on Amazon.



Reflections & Gentle Intentions

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

She found her strength not in pushing harder, but in finally allowing herself to rest.