CHAOS TO CALM

FREE STARTER GUIDE | FOR ADULT WOMEN

You're strong. You're tired.

A small starting point when you have been carrying too much.

For the woman holding work, family, caring, remembering and everyone else's needs - with little space left for her own. You do not need to fix your whole life today. Start by making one thing a little lighter.

Take five minutes, a pen and a private space. Write, draw, use keywords or simply reflect. These pages are yours; you do not need to share your answers.

INSIDE

1. Notice what is taking more than it gives back.

2. Try a comfortable two-minute reset.

3. Choose one smaller demand and one kind minimum.

4. Find your next step, at your own pace.

This is general wellbeing education, not a diagnosis or individual care. If symptoms are new, severe, persistent or worsening, seek support from your GP or mental health professional. In immediate danger in Australia, call 000. Lifeline: 13 11 14.

What are you carrying?

Include the tasks people see and the tasks they do not: anticipating, planning, remembering, managing feelings and keeping things running.

The three things taking most of my energy are...

My earliest sign that the load is getting too much is...

One thing that already helps, even a little, is...

TRY THIS: Pick one demand you could stop, shrink, share, schedule or support. The goal is a realistic change, not doing every task more efficiently.

A little room to choose.

Keep your eyes open if that suits you. Do this only in a safe place, never while driving or using equipment. You can skip, stop or change it.

CHECK IN: Name three facts - where you are, what is happening and what needs attention first.

ANCHOR: Notice your feet, a colour, a steady sound or an object. Comfortable breathing is another option; do not force it.

LOOSEN + LABEL: If comfortable, release your hands or shoulders and name the feeling: overloaded, tense, tired or something else.

MAKE ONE MOVE: Choose the smallest safe next action - a drink of water, a pause, one essential task or a message asking for help.

If body or breath focus feels uncomfortable, look around and name three neutral objects instead. You do not have to feel perfectly calm.

My most usable anchor is...

My next small action is...

Less load. More support.

Choose a low-risk change that fits your circumstances. Consider money, disability, work power and caring responsibilities. Where a boundary could put you at risk, seek appropriate support first.

One demand I can stop, shrink, share, schedule or support...

Words I could use: "I can offer..." / "I am not able to..."

My kind minimum for a difficult day...

One person or service I could ask for specific help...

Start small. Go your way.

Keep the one action you chose visible. Try it once, notice what happened and adjust it. Missing a practice is information, not failure.

A LITTLE SUPPORT FOR YOUR WEEK

The 7-Day Women's Reset is a short written program with one small prompt a day. A manageable first step for reducing overload and making space for you.

A DEEPER RESET AT YOUR OWN PACE

Burnout Reset for Women guides you through six stages: recognise, regulate, reduce, restore, reconnect and reset. Includes written lessons, practical exercises and your own 30-day plan.

WHEN YOU WOULD LIKE PERSONAL SUPPORT

You can ask Carmen about a personal support session or a supported six-session reset. Sessions are delivered by a Registered Counsellor, with suitability, consent and availability agreed before starting.

Explore the women's programs at mychaostocalm.coach or email carmen@mychaostocalm.coach. You choose what is right for you; there is no obligation to buy.

Health and Happiness,
Carmen from Chaos to Calm

CHAOS TO CALM | Find Your Calm in the Chaos.
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