



7-DAY EMOTIONAL RESILIENCE RESET CHALLENGE



LM MAGAZINE BY SARA FERNANDES

WELCOME!

May is Cultivating Emotional Resilience Month:

7-Day Emotional Resilience Reset

Small Steps. Big Shifts.

Life can feel overwhelming sometimes – especially when emotions run high and the world feels heavy. That's why we created this 7-Day Emotional Resilience Reset: a gentle invitation to slow down, reconnect with yourself, and build the kind of quiet strength that carries you through life's ups and downs.

Over the next week, you'll take small, soulful steps each day – simple practices designed to help you feel calmer, more grounded, and more in tune with your heart. These aren't about "fixing" yourself; they're about nourishing yourself, one kind moment at a time.

Each day's practice is easy to fit into real life, no matter how busy things feel. Think of it as a gift you're giving yourself: a week of permission to breathe, to feel, and to remember your own incredible resilience. You don't have to do it perfectly – you just have to begin.

This is a rinse and repeat challenge, do it for as many weeks as you need until you feel comfortable doing it on your own.



Monthly Planner

I start my challenge on the:

MON.

TUE.

WED,

THUR.

FRI.

SAT.

SUN.

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- **Day 1:** Name Your Feelings

Take a quiet moment today to check in.

✍️ Write down 3 emotions you felt today—without judgment.

This is about awareness, not fixing.

Why it matters: Naming our feelings is the first step toward understanding them—and ourselves.





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- **Day 2:** Say “No” Gently

Choose one thing today you can release—an obligation, a task, or a people-pleasing instinct. Say no with kindness and grace.

Why it matters: Boundaries protect your energy and remind you that your needs matter too.



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- **Day 3:** Step Outside

Take a 10-minute walk today with no destination in mind. Let yourself notice the colors, sounds, and movement around you.

Why it matters: Nature is a natural healer. Being present with it soothes the nervous system.



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- **Day 4:** Connect with a Safe Person

Reach out to someone who makes you feel safe and supported.

Send a message, make a call, or plan a coffee catch-up.

Why it matters: Emotional resilience doesn't mean doing it all alone. We grow stronger in connection.



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- **Day 5:** Create Calm in Your Space

Declutter or soften one small area in your home today—a drawer, your nightstand, your inbox. Light a candle, add a cozy touch.

Why it matters: A peaceful environment nurtures a peaceful mind.



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- **Day 6:** Journal Gently

Reflect on this question: What does emotional resilience mean to me, right now?

Write without editing, even if it's just a few words.

Why it matters: Self-reflection helps us see how far we've come—and where we want to go.



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- **Day 7:** Choose a Ritual to Keep

Look back over the past 6 days. What felt good? What helped you feel grounded? Choose one small practice to carry into the weeks ahead.

Why it matters: Emotional strength isn't built overnight—it's built through gentle, consistent care.



Congratulations!

