

# The Girl Speaks



You are allowed to rest, even while everything feels urgent.

*Quiet doesn't mean giving up. It means gathering strength.*



Holding On: Gentle Practices for Heavy Days

# Holding On: Gentle Practices for Heavy Days

This isn't about bubble baths and candles.

This is about finding moments  
of calm in a storm no one else sees.

It's about remembering that you  
still matter  
even when every voice around  
you says otherwise.

You are doing more than surviving.  
You are carrying love, fear, strength,  
and sorrow in the same breath.

You are holding on, even when  
the world feels stacked against you.

This section is here to hold you back.

Not in movement  
but in presence.

To remind you that you are still here.

And that is no small thing.



# Gentle Affirmations

A quiet page to come back to when you need grounding, softness, and strength.

You don't need to believe every word right now.

Let them sit beside you until you do.

- *I am allowed to rest.*
- *This is hard — and I am still here.*
- *My love for them is not invisible.*
- *I do not have to explain my pain to make it real.*
- *They have not taken everything. I am still me.*
- *I'm doing the best I can with what I've been given.*
- *The system is loud — but my quiet matters too.*
- *Today, survival is enough.*
- *I am not failing. I am carrying too much.*
- *I have not lost my strength — only my energy.*
- *It's okay to feel broken. Healing doesn't look tidy.*



**My story is not over.**



# 5-Minute Calm Reset

## 1. Pause

Close your eyes. Drop your shoulders. Breathe in slowly through your nose. Exhale gently through your mouth. Just once.

Then again.

## 2. Name 3 things you can feel

(e.g. the chair under you, your feet, your hands)

## 3. Name 2 things you can hear

(even if it's just the hum of silence)

## 4. Name 1 thing you can see that brings comfort

(a photo, a cup, a patch of sky)

## 5. Write down one sentence you need to hear right now

("I am still here." / "I don't have to fix it all today." / "This doesn't define me.")



# In Case of Spiral

*For the moments that feel like too much.*

## Emergency Calming Steps

*(What helps you return to yourself?)*

- Breathe in for 4... hold... out for 6
- Splash cold water / hold something grounding
- Step outside for one breath of air
- Write one sentence, not the whole story
- \_\_\_\_\_

## Safe Person to Contact

*(Someone who listens without fixing)*

- Name: \_\_\_\_\_
- Number: \_\_\_\_\_

## Scripture / Song / Mantra

*(The line that steadies you when everything spins)*

- “ \_\_\_\_\_
- “ \_\_\_\_\_,



Gentle Reminder:

*This moment is loud.*

*But it will not last forever.*

*You have made it through*

*worse. You are still here.*

*The Girl Speaks*