

# STAYING SOFTLY

*A Gentle Companion for the Days When Home Feels Heavy*

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**Sometimes you feel it the moment you wake up:**

*I want to pack up. I want out. I'll stay gone all day, come home just to sleep.*

It makes sense — your body remembers a time when moving meant safety. But you don't have to live on the run.

Tiny choice by tiny choice, you can teach yourself: *Home can hold me, too.*

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## Part 1 — Tiny Acts of Tuning In

When the swirl of noise, crumbs, and little hands gets loud — drop under it.

✨ **Ask:**

- *What do I want right now?*
- *What would make this moment 2% softer?*

✨ **Notice:**

- Thirsty? Cold? Hungry? Stiff?
- Where does your body pull or ache? What does it want?

✨ **Act:**

- Sip water — not just theirs, yours.
- Open a window. Let air touch your skin.
- Change rooms. Take three breaths alone.
- Say it out loud: *"Mama's pausing."*



## Part 2 — Meet the Part That Flees

There's a younger you inside — the part who learned to run when staying felt too tight. You don't have to shove her away. You can listen.

### ✨ IFS Prompts:

- *When I want to pack up and go, how old does this part feel?*
- *What is she scared will happen if I stay?*
- *What does she wish I knew?*
- *What could I say to help her soften?*



## Part 3 — Tiny Pleasures at Home

Prove to your nervous system that home is not just chores. It's also softness, beauty, tiny impractical delights.

- 🌿 Light a candle, even at breakfast.
  - 🌿 Play *your* music — not kids' songs.
  - 🌿 Arrange wildflowers, herbs, or a pretty stone.
  - 🌿 Eat your snack on a real plate.
  - 🌿 Crochet, mend, stitch — a few rows, not the whole blanket.
  - 🌿 Take the long shower. Lie on the floor. Stretch in the sun.
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## Part 4 — Larger, Life-Giving Choices

Tiny moments build trust. Then you can claim bigger yes's — the ones that feel “impractical” but feed your aliveness.

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### ✅ Change the plan on a whim

- Have lunch out — not because it's practical, but because it *calls you*.
  - Take a detour on the way home — pick up a pastry, stop to smell a rose.
  - Sit on a park bench for 20 extra minutes. No rush.
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### ✅ Feed yourself beautifully

- Pick a café that feels grown-up — not just the default kid place.
  - Bring real plates or a thermos to your picnic — turn “just a snack” into a ritual.
  - Buy yourself the warm drink, pastry, salad you *love*.
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## ✓ Go where *you* want

- Visit a park for your eyes — not just their playground.
  - Wander a garden center, plant shop, bookshop — even if you're "just looking."
  - Walk a street lined with old trees, beautiful windows, secret gardens.
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## ✓ Change the vibe at home

- Eat outside on the porch, balcony, front steps — more work, but more life.
  - Make a solo lunch plate — cheese, bread, fruit — while they eat something simpler.
  - Put on your music. Dance. Let it fill the walls.
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## ✓ Claim solo moments

- Take a short walk alone while someone watches the kids — ten minutes is enough.
  - Take yourself for breakfast on the weekend — kids or no kids.
  - Pick wildflowers or herbs — bring them home *for you*.
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## ✓ Do something "pointless"

- Pick up a flower bunch just because.
  - Buy a book for you — not just kids' books.
  - Lie in the grass, scribble a poem, stand in the sun for no reason at all.
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## ✨ How to protect it

Your old reflex will whisper:

*"Is this silly? Selfish? Wasteful?"*

That's your old survival story.

The new story is softer:

*I am allowed tiny choices. I am allowed bigger yes's. I am allowed to rest inside my own life.*

## **A Gentle Closing**

Stick this on your fridge. Tuck it in your bag.

Pull it out the next time the walls feel tight.

Pick one tiny thing. Then one bigger one.

Breathe. Notice what softens.

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*You don't have to run to survive anymore. You're allowed to stay.*

*With warmth,*

Mina

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