

5-Minute Guided Meditation

Duration: 5 minutes | **Purpose:** To ground yourself when overwhelmed | **When to use:** Before bed, after a hard day, or anytime you need to reset

Read this script in a soft, calm voice. Pause 3-5 seconds between each instruction.

[0:00 - 0:30]

Settle In

Find a comfortable place to sit or lie down. You don't need to be perfect. You don't need to do this "right." You just need to be here.

Close your eyes, or soften your gaze toward the floor.

Place one hand on your heart, and one hand on your belly.

Feel the weight of your body supported by the ground beneath you.

You are safe. You are enough. You are exactly where you need to be.



[0:30 - 1:30]

Breath

Now, bring your attention to your breath. Don't change it. Just notice it.

Notice the rise and fall of your chest. The gentle expansion of your belly.

Now, let's breathe together.

Inhale slowly through your nose for 4 counts: 1... 2... 3... 4.

Hold gently for 2 counts: 1... 2.

Exhale slowly through your mouth for 6 counts: 1... 2... 3... 4... 5... 6.

Again. Inhale: 1... 2... 3... 4. Hold: 1... 2. Exhale: 1... 2... 3... 4... 5... 6.

One more time. Inhale: 1... 2... 3... 4. Hold: 1... 2. Exhale: 1... 2... 3... 4... 5... 6.

Beautiful.



[1:30 - 2:30]

Release

Now, let's release what you're carrying. With each exhale, imagine releasing one burden.

Exhale... and release the guilt.

Exhale... and release the comparison.

Exhale... and release the fear that you're not enough.

Exhale... and release the weight of everyone else's expectations.

Exhale... and release the need to be perfect.

You don't have to carry all of this. You can set it down.



[2:30 - 3:30]

Affirmations

Now, let's invite in what you need. With each inhale, breathe in these truths:

Inhale: I am doing my best. Exhale: And my best is enough.

Inhale: I am allowed to rest. Exhale: Rest is not selfish.

Inhale: I am a good mother. Exhale: Even on the hard days.

Inhale: I am learning. Exhale: Just like my daughter is learning.

Inhale: I am not alone. Exhale: Other mothers feel this too.



[3:30 - 4:30]

Gratitude

Now, bring to mind one small moment from today that made you smile.

Maybe it was her laugh. Maybe it was a quiet cup of coffee. Maybe it was just making it through the day.

Hold that moment gently in your mind. Feel the warmth of it.

Say thank you to yourself for showing up today.

Thank you for trying.

Thank you for loving her, even when it's hard.

Thank you for being here, right now, taking care of yourself.



[4:30 - 5:00]

Return

When you're ready, take one more deep breath in. And exhale slowly.

Gently wiggle your fingers and toes. Roll your shoulders.

When you're ready, open your eyes.

You are grounded. You are calm. You are ready.

And remember: You don't have to be perfect. You just have to be present.

After the Meditation

- Journal for 2 minutes about what came up
- Drink a glass of water
- Text a friend: "I just took 5 minutes for myself. Proud of me."
- Return to your daughter (or your day) with a little more grace