

*Glowing*  
**MOMento**

# 5-MINUTE CALM ROUTINE FOR BUSY MOMS

*A gentle reset for when life  
feels a little too loud*

you deserve a moment to breathe-  
and this routine will help you find it again



*Created with love*  
*Glowing* **MOMento**  
By Samantha



# \* 5-Minute Calm Routine

## FOR BUSY MOMS

A peaceful 5-minute reset designed to help you breathe, recenter, and reconnect with yourself--because even small moments of calm can change your entire day.

STEP	ACTION	WHY IT MATTERS
1. 	Deep Breath Minute	Slow breathing activates your parasympathetic nervous system, signaling safety and calm.
2. 	Hydration Boost	Rehydration improves focus and helps your body regulate stress.
3. 	Quick Declutter	Physical order creates mental clarity and reduces emotional overwhelm.
4. 	Affirmation Pause	Reframes your inner dialogue from pressure to presence.
5. 	Mini Glow Moment	Links physical self-care to emotional self-worth--reinforcing your "glow through it" mindset.

*You deserve calm moments, not just busy ones.*

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