

Steady

A 7-Day Reset Guide

For when life feels too heavy, too loud, or too uncertain.



Please read *this first*

This guide is a gentle, practical starting point. It is not therapy, medical care, or crisis support, and it is not a substitute for any of those. Coaching supports your growth, habits, and next steps. It does not diagnose or treat mental health conditions.

If you are in immediate danger or thinking about harming yourself, please reach out right now:

- Emergency: call your local emergency number (911 in the US)
- Suicide & Crisis Lifeline (US): call or text 988
- Domestic violence (US): National Domestic Violence Hotline, 1-800-799-7233 (or text START to 88788)
- Eating disorders (US): National Alliance for Eating Disorders helpline, 1-866-662-1235
- Outside the US: search "crisis line" plus your country, or visit findahelpline.com

If you are in an unsafe relationship: please read the Safety Note on Day 6 before using any other part of this guide. If someone else might see this document, close it or use a private device.

You deserve support from more than one place. Using this guide alongside a doctor, therapist, or support group is a strong move, not a weak one.

WELCOME

You are not broken, and you are not alone.

If you are reading this, something in your life feels hard. Maybe it is anxiety that will not switch off. Maybe it is a heaviness you cannot explain, a relationship that has hurt you, a body or food struggle that feels like a secret, panic that arrives without warning, or the shock of a separation or divorce.

Whatever brought you here, you are not broken, and you are not alone. Millions of men and women move through these same experiences, and many of them find steadier ground one small step at a time.

This guide gives you one small step a day for seven days. Each takes 10 to 15 minutes. You do not need to do it perfectly. Pick up where you can, skip what does not fit, and be kind to yourself along the way.

What you will need: a notebook or notes app, a pen, and a quiet corner.

01 Name What Is Happening

Struggles feel bigger when they are a fog. Naming them gives you something to work with.

Try this: Write answers to these three prompts without editing yourself.

1. What is the hardest thing in my life right now?
2. Where do I feel it in my body (chest, stomach, shoulders, throat)?
3. What do I wish someone understood about this?

Reminder: Feeling this way does not mean something is wrong with you. It usually means you have been carrying too much for too long.

02 Calm Your Body First

When anxiety or panic rises, your body is running an alarm system. You cannot think your way out of it, but you can signal safety through your body.

The Long-Exhale Breath (2 minutes)

1. Sit or stand comfortably and let your shoulders drop.
2. Breathe in gently through your nose for a count of 4.
3. Breathe out slowly through your mouth for a count of 6 to 8.
4. Repeat for 2 minutes. Longer exhales help your nervous system settle.

The 5-4-3-2-1 Grounding Exercise (for panic or spiraling thoughts)

Look around and name: **5** things you can see · **4** things you can feel (your feet on the floor, the chair under you) · **3** things you can hear · **2** things you can smell · **1** thing you can taste.

***Remember:** A panic attack feels frightening, but it passes, usually within minutes. If you have chest pain, difficulty breathing, or symptoms you are unsure about, get medical care to be safe, and mention panic episodes to your doctor.*

03 Check In With Your Mood and Energy

Low mood and depression can make everything feel pointless and exhausting. The goal today is not to feel happy. It is to take one small action and notice what happens.

Try this:

1. Rate your mood today from 1 to 10 and jot down one word for it.
2. Choose one tiny action that is kind to your future self. Examples: drink a glass of water, step outside for 5 minutes, text one safe person, make your bed, shower.
3. Do it. Then rate your mood again.

Small actions build momentum even when motivation is missing. Motivation often follows action, not the other way around.

If low mood has lasted more than two weeks, or you are having thoughts of hopelessness or self-harm, please contact your doctor, a therapist, or the 988 line today. Reaching out is a sign of strength.

04 Be Gentler With Yourself, Your Body, and Food

Struggles with food, body image, and control often come with harsh self-talk and shame. Shame keeps people quiet, and quiet keeps people stuck.

Try this:

1. Write down the harshest thing you said to yourself this week.
2. Now write what you would say to a close friend who said it about themselves.
3. Read the second version aloud to yourself.

Then choose one kind act for your body today that is not about changing it: gentle stretching, a warm bath, resting, or a meal eaten without judgment or a screen.

***Please note:** If you are restricting, bingeing, purging, or feel out of control around food or exercise, this guide cannot treat that. Eating disorders are real medical conditions and respond best to professional care. The National Alliance for Eating Disorders helpline (1-866-662-1235) can connect you with support, and your doctor is a good place to start. You do not need to be "sick enough" to deserve help.*

05 Set One Boundary and Build One Connection

Separation, divorce, and painful relationships can leave you unsure where you end and others begin. Healing involves protecting your energy and reaching toward safe people.

Try this:

1. **One boundary:** What is one thing that drains you that you can say no to, delay, or limit this week? (An extra commitment, a late-night conversation, a social media account that makes you feel worse.)
2. **One connection:** Who is one person who leaves you feeling calmer or understood? Send them a short message today. It can be as simple as: "Thinking of you. Can we talk this week?"

For separation and divorce: Grief after a relationship ends is real, even when the decision was yours. Expect waves. Try to avoid big, irreversible decisions when emotions are at their peak, and consider a lawyer, financial advisor, and therapist as part of your support team. A coach can help you rebuild routines, confidence, and direction, but cannot replace legal or mental health professionals.

06 Safety Note and Reflection

If you are experiencing abuse of any kind (physical, emotional, sexual, financial, or controlling behavior), it is not your fault, and you deserve to be safe. Abuse affects men and women of every background.

Please keep these points in mind:

- Domestic violence advocates are trained to help you think through safety, including whether and how to leave. Call the National Domestic Violence Hotline at 1-800-799-7233 or chat at thehotline.org. If you are outside the US, search for a local domestic violence helpline.
- Leaving can be the most dangerous time. Please plan with an advocate rather than alone.
- Protect your digital privacy: use a device and accounts that the other person cannot access, and know that browsing history and phone records can be checked.
- Trust your instincts. If something feels unsafe, it deserves attention.
- Coaching is not appropriate as a first step for abuse. It can be a helpful complement once you are safe and have professional support.

If you are safe to reflect today, write about this: *What do I need more of in my life to feel safe, respected, and free?*

07 Look Ahead and Choose Your Next Step

You have spent a week showing up for yourself. That matters.

Reflect on these questions:

1. Which exercise helped the most, even a little?
2. What did I notice about my thoughts, body, or mood this week?
3. What is one small thing I want to keep doing daily?
4. Who is on my support team, and who is missing?

FILL THIS IN

My Steady Support Plan

My daily anchor habit: _____

My go-to calming tool (breath, grounding, walk): _____

A safe person I can call: _____

A professional I will contact (doctor, therapist, advocate): _____

A crisis number I have saved in my phone: _____

Healing is rarely a straight line. Some days will feel like steps backward, and that is part of the process, not a failure.

QUICK-REFERENCE CARD

When Things Feel Too Big

In the moment:

1. Pause. Put your feet on the floor.
2. Long-exhale breathing for 2 minutes.
3. 5-4-3-2-1 grounding.
4. Tell yourself: "This feeling is temporary. I am safe right now." (If you are not safe, call for help.)
5. Reach out to one person.

Get help right away if you: are thinking about ending your life, are in danger from another person, feel unable to keep yourself safe, or have a medical emergency.

WANT SUPPORT BEYOND THIS GUIDE?

You do not have to walk the rest *alone*.

A guide can start the journey, but you do not have to walk the rest alone. As a coach, I work with men and women who are rebuilding after anxiety, low mood, difficult relationships, separation, and life's hardest seasons, with practical tools, accountability, and encouragement, alongside the professional care you may already have.

BOOK A FREE, NO-PRESSURE DISCOVERY CALL →

Connect with me: faithoverfearcoaching.org | carolmikolajczak@gmail.com

Disclaimer: This guide is for educational and informational purposes only. Carol Mikolajczak is a coach, not a licensed medical or mental health provider unless stated otherwise in her credentials. Coaching is not therapy, psychiatric care, legal advice, or crisis intervention, and does not diagnose or treat any condition. Never delay or disregard professional advice because of something you read here. If you are in crisis, contact emergency services or a crisis line immediately.

Faith Over Fear Personal Coaching