

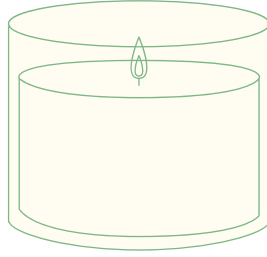
# A GENTLE GUIDE

*Created By  
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Soothing yourself  
when everything  
feels like too much.

FOUNDER OF  
THE SOFT SPACE



# Hi there,

If you're here, you might be carrying more than anyone sees. Maybe your mind is racing, your chest feels heavy, or you just want to feel like someone actually understands.

This guide is a soft place to land. No pressure to fix everything. No expectations. Just a few calming practices and gentle reminders that might help you breathe a little easier.

You're not broken. You're not too much. You're just a human feeling deeply - and you don't have to go through it alone.

With care,

**Taylor**

# Ground Yourself Gently

A calming, 5-minute body + mind reset

01 **Feel your feet.**  
Place both feet flat on the ground. Wiggle your toes. Notice the surface beneath you.

02 **Touch something real.**  
Grab a soft blanket, something cold or cool, or your own hand. Describe how it feels.

03 **Look around.**  
Name 3 things you can see. Say their names out loud.

04 **Breathe into your mind.**  
Inhale for 4. Hold for 4. Exhale for 6. Repeat slowly 3 times. Feel your shoulders drop.

05 **Say something kind.**  
Try one of these, or make your own:

- "This feeling won't last forever."
- "I'm doing the best I can."
- "I deserve gentleness right now."





# A Soft Check-In with Yourself

Use these journal prompts or just reflect quietly.  
No judgement, no fixing.

“What does my body want?”

Rest? Movement? Food? Touch? Stillness?

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“What do I wish someone would say to me right now?”

We all long to hear certain words - reassurance, encouragement, love. Instead of waiting for them, try giving them to yourself. This prompt is about tuning into your unmet needs and offering compassion inwardly.

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“What am I holding onto right now - emotionally or physically?”

This helps you gently name what’s been weighing on you without judgement. Whether it’s tension in your shoulders or a thought you can’t let go of, just acknowledging it can be a relief.

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# What to Do When You Feel Completely Alone

Sometimes the ache isn't just stress - it's loneliness.

It's the kind that makes you feel invisible even in a crowded room.

When that happens, try this:

## 1. Speak to yourself like someone who's hurting, not failing.

Say: "This is hard, and I deserve kindness anyway."

## 2. Reach out - even if it feels awkward.

One message. One friend. or send a check-in request at The Soft Space. You don't have to write it perfectly. You just have to start.

## 3. Let nature hold you.

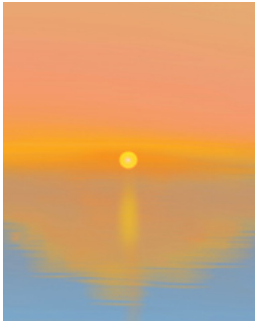
If you can, sit near a window. Open a door. Feel the sunlight or breeze. Let something bigger than you remind you: you're still here. You're still held.



# You're Not Alone - Really

If you need someone to talk to or just want to feel seen, The Soft Space is here.

I offer free emotional check-ins. No pressure, no fixing - just softness and presence.



Note: *The Soft Space is not a crisis line or therapy substitute.*

If you are in danger or overwhelmed with thoughts of harm, please reach out.

988 - U.S Suicide & Crisis hotline

Crisis Text Line - Text HOME to 741741

*The Soft Space is a quiet corner of My Way Care - created for people who feel overwhelmed, unsupported, or just need someone to talk to. This is a space for softness, gentleness, and real help - without cost, pressure, or judgement.*



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