



Happy Healthy
You!

FEEL BETTER, SIMPLY

BY DEBBIE SCHWARM | 38 HERTZ

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DISCLAIMER

This book is for informational, entertainment, and educational purposes only. It is not intended to diagnose, treat, cure, or prevent any medical condition whatsoever.

The ideas in this book are simple ways to support your overall well-being, but they are not a substitute for professional medical advice, diagnosis, or treatment. Always consult with your physician or qualified healthcare provider regarding any questions you may have about your health.

Listen to your body and do what feels appropriate for you.

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INTRODUCTION

You don't always need a complicated plan to improve your health. You don't need a full reset, strict rules, or a perfect routine. Most of the time, your body responds to small, consistent actions.

- A glass of water.
- A few minutes of sunlight.
- A short walk.
- Going to bed a little earlier.

These are not small things to your body. They are signals. Signals that help regulate your energy, support your systems, and bring you back into balance. This book is about simple ways to support your health without overwhelm. It's about supporting your body in ways that are realistic and repeatable.

It looks like:

- Having steadier energy
- Feeling clearer in your mind
- Recovering faster when you feel off
- Not constantly pushing yourself past your limits

Your body does not need perfection. It needs support.

You Don't Need to Do Everything

Trying to fix everything at once is one of the fastest ways to do nothing at all. This book is built on a different idea: Do one thing.

- Drink water.
- Step outside.
- Move your body.
- Rest.
- Sleep more.

One small action can shift how your body feels within minutes.

That is enough.

How to Use this Book

This is not a program.

You don't need to follow it in order.

Instead:

- Pick one idea
- Try it
- Notice how you feel

That's it.

Keep the book available for everyday use. Find more things that make you happy, do more of that!

PART 1: SUPPORT YOUR BODY



Chapter 1: Hydration

Hydration is one of the simplest ways to support your body, and one of the easiest to overlook. It doesn't feel urgent, and it doesn't feel like a "health habit" in the way people usually think about it. But your body relies on water for nearly everything it does. When you're even slightly low, things don't stop working, but they

don't work as well.

That's why dehydration doesn't always feel obvious. It shows up quietly. You might feel a little more tired than usual, a little foggy, or slightly irritable for no clear reason. You may notice your energy dipping earlier in the day, or that it's harder to focus on simple tasks. It's easy to assume you need more sleep, more caffeine, or just a better day. But sometimes your body is simply asking for water.

Most people start the day already behind. After hours of sleep without drinking anything, your body wakes up in a mild state of dehydration. If you move straight into coffee, rushing, or skipping fluids altogether, that low level continues throughout the day. It builds gradually, showing up as fatigue, cravings, and a general sense that things feel harder than they should.

The good news is that hydration is one of the fastest things to correct. You don't need a plan or a reset, you just need to start. A single glass of water can begin to shift how your body feels within minutes. It supports circulation, helps your brain function more clearly, and gives your system what it needs to run more smoothly. It's not dramatic, but it's noticeable.

You don't need to do this perfectly. You don't need to track every ounce or follow strict rules. The goal is simply to support your body more consistently than you are now. A little more water, a little more often, can make a meaningful difference in how you feel throughout the day.

Simple Ways to Stay Hydrated

- Drink a glass of water first thing in the morning
 - Keep water within reach during the day
 - Drink water that is tasty be it cold and icy or with flavor
 - Pair water with meals to make it automatic
 - Drink water before reaching for coffee or snacks
-

Signs You May Need More Water

- Low or sluggish energy
 - Difficulty focusing
 - Mild headaches
 - Feeling irritable or off
 - Dry mouth or thirst
-

Simple Reminders

- Start with one glass
- Make it tasty
- Let it be easy

My Personal Go To – Here are two things that help me drink more water. One, Topo Chico! I LOVE Topo Chico! And yes, mineral water absolutely counts toward your hydration. Your body doesn't require "pure" water specifically—it needs fluid, and mineral water provides that just as effectively. The most important thing is consistency, so if you enjoy mineral water and it helps you drink more, it's a great choice. Second, delicious cold water with ice in a Stanley Cup! I fill this up every morning, and it sits on my desk. I sip throughout the day. Visit my [38 Hertz Happy Hacks Drink More Water Page](#) for my personal hydration tips.



Chapter 2: Nourishment

Food affects your energy and mood more than you think.

It's not just about hunger. It's about how your body feels after you eat and even hours later.

When you eat in a way that supports your body, you tend to feel more steady. Your energy holds. Your thinking is clearer. You're less likely to crash, crave, or feel off.

When you don't eat well, it often shows up as:

- Energy dips
- Irritability
- Brain fog
- Feeling unsatisfied, even after eating

It's easy to assume something bigger is wrong. But often, your body is simply under-fueled or not getting what it needs.

You don't need a perfect diet to fix this. You don't need to follow strict rules, cut out entire food groups, or overhaul everything at once.

Most of the benefit comes from very simple shifts, eating more real food a little more consistently. Think of nourishment as support, not restriction. You're not trying to eat perfectly. You're just trying to give your body something it can use.

One of the easiest ways to do this is to keep meals simple. You don't need complicated recipes or a lot of time. It's so easy to eat simple, and it's actually really delicious!

Another simple shift is just eating more consistently. Skipping meals or grabbing whatever is easiest can leave your body playing catch-up all day. This might manifest in ways like low energy, overly hungry later, and it may also make it more likely to reach for something quick and less satisfying.

Eating something simple at regular intervals helps stabilize your energy and mood. It doesn't have to be perfect, just consistent.

You may also notice that when you sit down and actually eat, your body responds differently. Eating while standing, scrolling, or rushing often leaves you feeling less satisfied. Taking even a few minutes to sit, slow down, and eat helps your body register the food. It's a small shift, but it matters.

Simple Ways to Better Nourishment

- Eat something real each day.
- Add one fruit or vegetable.
- Include protein when possible.
- Keep meals simple.
- Use tools that make it easier.
- Eat regularly.
- Sit down while eating.

My Personal Go To: 75% of the time, I eat very simple (but delicious) meals. I pick a protein, add a vegetable, include things like butter and dressings (in moderation) to make it tasty. Next, I frequently use an air fryer. One of my favorite meals is a filet mignon steak, small white potatoes cut in half, and baby carrots, boom, all into the air fryer, 400 degrees for 20 minutes. How good is this? Very! Maybe add a green salad too. [Read my Sunday Roast Dinner Article](#).

20 Simple Meal Ideas

1. Grilled chicken, green beans, and roasted potatoes
2. Salmon, broccoli, and rice
3. Ground beef, sautéed peppers, and a baked potato
4. Eggs, avocado, and toast
5. Rotisserie chicken, salad mix, and a roll
6. Shrimp, zucchini, and rice
7. Chicken thighs, carrots, and roasted potatoes
8. Turkey slices, cucumber, and whole grain toast
9. Steak, asparagus, and a baked potato
10. Scrambled eggs, spinach, and toast
11. Ground turkey, green beans, and rice
12. Tuna, cherry tomatoes, and crackers or toast
13. Pork chop, roasted Brussels sprouts, and potatoes
14. Chicken breast, broccoli, and quinoa or rice
15. Sausage, sautéed onions and peppers, and a roll
16. Cottage cheese, sliced peaches, and toast
17. Salmon, green beans, and a baked potato
18. Deli chicken, side salad, and bread
19. Ground beef, zucchini, and rice
20. Eggs, roasted potatoes, and sautéed spinach

These kinds of meals are balanced, satisfying, and easy for your body to process. Now, think up your own. It's easy! And don't forget the air fryer tip! Eating this way makes shopping so easy too! Pick 7 proteins, 7 vegetables, 7 breads or starches, salad goodies too, some butter and salad dressing, and you are set for a week of dinners (probably more if you consider leftovers).



Chapter 3: Rest

Your body needs rest to recover and function properly. Rest is not a reward. It's not something you earn after you've done enough. It's something your body requires to keep going.

Most people think of rest as sleep. But rest is more than that. It's the small pauses during the day. It's the

moments where you stop pushing. It's the decision to sit instead of power through. Without those moments, your body stays in a constant state of effort.

And over time, that shows up. Lack of rest can feel like low, steady fatigue; a shorter fuse, difficulty concentrating, or a sense of being worn down, even if nothing dramatic is happening. You may not feel exhausted, but you don't feel energized either. These are signs that your body hasn't had enough real rest.

There's a tendency to treat rest like something optional. Something you'll get to later. Something you'll take once everything is done. But the truth is, everything is never done. And your body doesn't wait. It keeps running, even when it needs a break.

What's important to understand is that rest doesn't have to be long to matter. It doesn't require a full day off, a nap, or a complete reset. Small moments of rest taken consistently can change how your body feels

throughout the day. A few minutes of sitting. Putting your feet up. Stopping between tasks instead of rushing into the next thing. These are simple actions, but they give your body a chance to reset.

When you allow yourself to pause, your system shifts. Your breathing slows. Your muscles release tension. Your mind quiets, even slightly. That shift matters. It's how your body recovers in real time, not just at the end of the day.

One of the biggest barriers to rest is the feeling that you should be doing something. That sitting is unproductive. That stopping means falling behind. But constant output without rest leads to lower energy, lower focus, and eventually burnout. Rest doesn't slow you down. It supports everything you're trying to do.

Even something as simple as putting your feet up for a few minutes can help circulation and reduce physical fatigue. Sitting down instead of standing. Leaning back instead of staying upright and tense. These are small shifts, but your body notices them.

Taking breaks during the day is another way to support your system. Not long breaks. Just enough to interrupt the constant demand. Stand up. Sit down. Step away for a few minutes. Then return. You'll often come back with more clarity and a little more energy than before.

And sometimes, the most important form of rest is simply allowing yourself to stop. Not because everything is finished. But because your body needs it. Your nervous system craves it. That might mean ending the day a little earlier. Sitting down when you feel tired instead of pushing through. Letting something wait.

Simple Ways to Rest

- Simply Sit down and pause

Even a few minutes can reset your body.

- Put your feet up

This helps circulation and gives your body a break.

- Take breaks during the day

Short pauses prevent deeper fatigue.

- Practice a brief meditative state.

Close your eyes, relax, empty your mind.



Chapter 4: Sleep

Sleep is one of the most powerful things you can give your body, yet it's often the first thing we cut when life gets busy.

The truth is, sleep affects nearly every system in your body; your brain, immune system, hormones, mood, metabolism, and even how your heart functions. When you sleep, your body

is not “shutting down”. It's actively repairing, restoring, and recalibrating. It clears out mental fog, processes emotions, supports memory, and helps your body recover from the day. When sleep is off, everything can feel just a little harder. Your patience is thinner, your energy dips, and even small tasks can feel overwhelming.

The good news is that better sleep doesn't require a complete life overhaul. Small, gentle shifts can make a meaningful difference. One of the simplest is going to bed just 20 minutes earlier. It may not sound like much, but over time, those extra minutes add up, giving your body more opportunity to rest and recover.

Dimming the lights in the evening is another powerful signal as it tells your brain that the day is winding down and helps your natural sleep hormones begin to rise. Bright lights and screens can confuse this process, so softening your environment can make falling asleep feel more natural.

Reducing stimulation before bed also matters more than most people realize. Fast-paced TV, scrolling on your phone, or even mentally engaging tasks can keep your brain "on" when it needs to start slowing down. Creating a small buffer, whether it's reading something light, stretching, or simply sitting quietly, can help ease that transition. And finally, keeping a consistent sleep time, even if it's not perfect, helps anchor your body's internal clock. Your body thrives on rhythm, and when it begins to expect sleep at a certain time, falling asleep often becomes easier and more restful.

Sleep is not a luxury or something you earn at the end of a productive day. It's a foundational need and one that quietly supports everything else you do. Even small improvements can ripple into better energy, clearer thinking, and a steadier sense of well-being.

My Personal Go To: One of my personal go-to ways to rest is built right into the middle of my day. I work from home in the morning and then head to the office

around noon, and in that transition, I take about 10–15 minutes to lie down and reset. I simply close my eyes and let my mind empty out. It's a small pause, but it makes a noticeable difference. Sometime I might even doze off. I arrive at the office feeling more settled, a little clearer, and not like I've already used up my energy for the day. It's a reminder that even a cat nap can carry you through the next part of your day, and it's a luxury I enjoy as part of working from home. Enjoy the 38 Hertz article and napping tips in, [The Science of Sleep and Happiness!](#) Links to sleep masks that help even more with sleep!



Chapter 5: Movement

Your body is designed to move.

Movement is one of the simplest, most overlooked ways to support how you feel, physically, mentally, and emotionally. You don't need a workout plan, special clothes, or a burst of motivation. Your body isn't asking for perfection. It's asking for motion.

When you move even a little, things start to shift. Blood flows more freely. Muscles wake up. Your brain gets a gentle signal that you are not stuck, you are active, engaged, and capable. That signal matters more than intensity.

We tend to think of movement as something structured like exercise, fitness, a scheduled routine. But movement is much broader than that. It's standing up after sitting too long. It's reaching, bending, turning, walking across a room. It's rolling your shoulders after hunching over your phone. It's choosing to move instead of staying frozen.

And the truth is, small movement counts. In fact, small movement is often what makes the biggest difference because it actually happens. You don't need to overhaul your life. You just need to interrupt stillness.

Your body is not designed for long periods of stillness. When you stay seated or inactive for too long, everything slows down including circulation, digestion, even your thinking. That sluggish, foggy feeling? Often, it's not a lack of energy. It's a lack of movement.

Movement helps regulate your mood. It reduces stress without you having to "work on" your stress. It brings your attention back into your body instead of letting your thoughts spiral unchecked.

A Few Minutes of Movement Can:

- Improve focus
- Boost energy
- Reduce stiffness and tension
- Shift your mood
- Help you feel more present

This is not about burning calories. This is about creating flow.

Motivating to Move

One of the biggest barriers to movement is the idea that you have to feel like doing it. You don't. Instead of waiting for motivation, attach movement to moments that are already happening in your day.

- While the coffee brews—stretch.
- While you're on hold—stand up.

- While brushing your teeth—roll your shoulders.
- While watching TV—get up during commercials.

Movement becomes easy when it stops being a separate task and starts becoming part of your life.

Simple Ways to Move

These are not workouts. These are tiny shifts that add up.

- **Take a Short Walk**
A five- or ten-minute walk can completely reset your energy. It doesn't have to be far or fast. Walk to the end of the block. Walk around your home. Walk without a destination. Let your body find a rhythm.
- **Stretch While Waiting**
Waiting is built into your day like microwaves, lines, loading screens. Instead of reaching for your phone, reach for a stretch. Lift your arms overhead. Twist gently side to side. Loosen your neck.
- **Stand Up Regularly**
If you've been sitting for more than 30–60 minutes, that's your cue. Stand up. Even if it's just for a minute. Let your body reset its position. This one habit alone can change how your body feels by the end of the day.
- **Roll Your Shoulders**
Tension collects in your shoulders without you noticing. Roll them up, back, and down. Do it slowly. Do it often. It's one of the quickest ways to release built-up stress.

Movement as a Reset Button

Movement doesn't just change your body. It changes your state.

Feeling stuck? Move.

Feeling tired? Move.

Feeling off but can't explain why? Move.

You don't need to analyze everything. Sometimes your body just needs a signal to shift gears. Think of movement as a reset button you can press anytime, anywhere.

Let It Be Easy

This is where most people get it wrong—they make movement too big.

You don't need a 45-minute session. You don't need to sweat. You don't need to track anything. You need to move... a little, often. The goal is not intensity. The goal is consistency. Because when movement becomes something small and easy, it becomes something you actually do. And when you actually do it day after day, moment after moment it quietly changes everything.

Move your body, and your body will take care of you.

My Personal Go To: Live near work! I am a 20-minute walk to work so I walk to work daily. I also live downtown, and while I own a car, I walk and use mass transit more often than I use my car. We walk to shop, to go out to eat, to go to soccer games at the stadium a mile away. We downtown folks walk a lot because everything is right out the door. I also live a block from the river so a lot of walking opportunities along the waterfront. If you can't walk to work, try taking the bus and walking to the bus stop or park your car far enough away to get in a little movement. Find walking opportunities out your front door!



Chapter 6: Light

Light helps regulate your internal clock. Light is one of the most powerful, natural influences on how you feel, and most people don't think about it at all. You can eat well, sleep enough, and still feel off simply because your body isn't getting the right kind of light at the right time.

Your body runs on an internal clock called your circadian rhythm. And the main thing that sets that clock every day is light. Morning light tells your body: *wake up, be alert, get going*. Evening darkness tells your body: *slow down, prepare for rest*.

When that rhythm is supported, everything works better. Your energy stabilizes. Your mood lifts. Your sleep improves naturally, without forcing it. But when your body doesn't get enough light, especially early in the day, it can feel like you're slightly out of sync. Not terrible, just... off. Foggy. Slower. Less clear. The good news is that fixing it is incredibly simple.

Why Light Matters More Than You Think

Natural light is a signal. It tells your brain how to regulate hormones like cortisol (which helps you wake up) and melatonin (which helps you sleep).

Without enough light exposure:

- Your energy may stay low throughout the day

- Your sleep may feel restless or inconsistent
- Your mood can dip without a clear reason
- Your sense of time can feel blurred

This is especially true if you spend a lot of time indoors, which most of us do. Even on cloudy days, outdoor light is significantly brighter than indoor lighting. Your body can tell the difference, even if you can't. Light is not just about seeing. It's about signaling.

Morning Light Is the Anchor

If you do nothing else, focus on this: get light early in the day.

Within the first hour of waking, exposing your eyes to natural light helps “set” your internal clock. It tells your body that the day has started, which helps everything else fall into place later, especially sleep.

This doesn't mean staring at the sun or doing anything extreme. It can be as simple as stepping outside for a few minutes or sitting by a bright window. That small moment of light creates a ripple effect through your entire day.

Simple Ways to Get Light

- **Step Outside in the Morning**

Even a few minutes outside can make a difference. Step onto a porch, balcony, or sidewalk. Breathe. Look around. Let your eyes take in the natural light. You don't need to turn it into a walk—just being outside counts.

- **Sit Near a Window**

If going outside isn't practical, bring yourself closer to the light.

Work, read, or have your coffee near a window. Position yourself where daylight naturally reaches you.

- **Open Blinds Early**

One of the simplest habits: open your blinds as soon as you start your day. Let light flood into your space. This small action signals to your brain that it's time to wake up and engage.

Light as a Mood Shifter

Light doesn't just wake you up, it can change how you feel in real time. If your energy dips in the afternoon, step outside. If you feel sluggish or unmotivated, move toward a window. If your space feels heavy, open it up to light. It's a subtle shift, but a powerful one.

Let Light Work for You

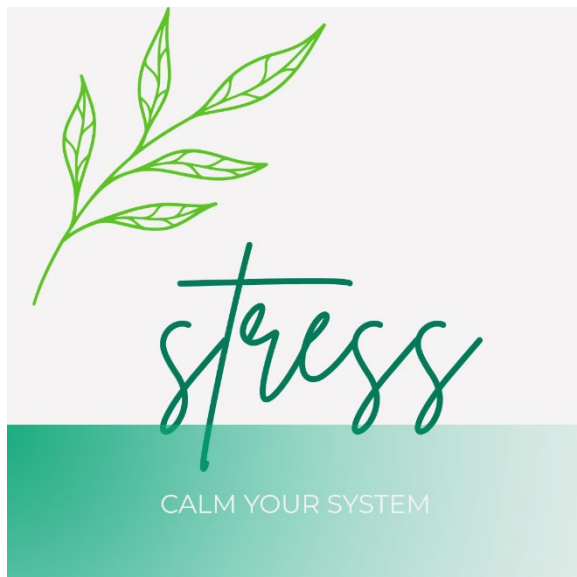
You don't have to track anything or follow a strict routine. Just be more aware of light and let it become part of your day. Open the blinds. Step outside. Sit where the light is. That's it. Because when your body gets the light it needs, it starts to regulate itself more naturally. Energy feels more consistent. Sleep comes easier. Your mood steadies. Light is one of the simplest tools you have—and it's available every single day. Let it in.

My Personal Go To: Wow, I'm writing this section and using it as a nudge to be a little different because I love the darkness! Yikes. I'm the odd one out who loves it when the fall and winter are coming and the days are getting shorter and darker. Here are some fun terms that might describe me:

- Hygge enthusiast: A person who embraces the Danish concept of *hygge* (pronounced *hoo-gah*) loves the cozy, comfortable, and warm atmosphere typical of dark, winter months such as candles, blankets, fires, and hot drinks.
- Pluviophile: A lover of rain, storms, and dark, cloudy days.

- *Chionophile: Someone who loves cold weather and snow (derived from Greek for "snow lover").*
- *Opacarophile: A lover of dusk, darkness, and sunsets.*
- *Vespertine: An adjective used for people or activities that flourish in the evening*
- *Nyctophile: A person who loves the dark, night, or finds comfort in darkness*

PART 2: CALM YOUR SYSTEM



Chapter 7: Stress Reset

Stress builds quietly in the body.

Most of the time, stress doesn't arrive as a dramatic moment. It accumulates slowly through small tensions, constant input, and the pressure of moving from one thing to the next without pause. You may not even notice it building until you feel tight, overwhelmed, or mentally exhausted.

Your body, however, notices everything. Stress shows up physically before it ever becomes a clear thought. Your shoulders lift. Your jaw tightens. Your breathing becomes shallow. Your nervous system shifts into a state of alert, ready, reactive, on edge. And if nothing interrupts that state, it stays there. The goal is not to eliminate stress. That's not realistic. The goal is to reset it gently, regularly, and on purpose.

Why Stress Needs a Reset

Your body is designed to handle stress in short bursts. But modern life delivers it in a steady stream such as notifications, conversations, responsibilities, decisions, noise, conflict.

Without small resets throughout the day tension accumulates in your body, your mind stays in a reactive loop, fatigue builds faster, you feel less patient, less clear, less steady. A reset doesn't require time off or a major break. It requires a moment of interruption. A shift. A pause that tells your body: *you're safe, you can settle now.*

You Don't Have to Wait Until You're Overwhelmed

Most people wait too long. They push through, ignore the tension, and only try to relax when they feel completely depleted. But stress responds best to small, early resets. A 30-second pause now can prevent an hour of overwhelm later. You don't need to fix your entire day. You just need to create small spaces where your body can come back to neutral.

Simple Ways to Reset

- **Take a Deep Breath**

This is the fastest way to signal your nervous system to calm down. Inhale slowly through your nose. Exhale fully through your mouth. Do it once, or a few times. Let your shoulders drop as you exhale.

- **Sit Quietly**

No phone. No input. Just sit. Even for a minute. Let your mind settle without trying to control it. Stillness creates space for your system to reset.

- **Step Away from Noise**

Noise isn't just sound—it's stimulation. Conversations, screens, alerts, background TV. Step away from it, even briefly. Find a quieter corner, or simply turn things off.

- **Pause Between Tasks**

Instead of jumping immediately from one thing to the next, insert a pause. Finish one task. Stop. Breathe. Then begin the next. This prevents stress from stacking.

- **Resetting Your Body, Not Just Your Mind**

Stress is not just mental, it's physical. That's why thinking your way out of it rarely works.

Your body needs a signal, not a solution.

- A breath.
- A pause.
- A moment of stillness.

These small actions communicate directly with your nervous system in a way that thinking cannot.

Stress Is Not the Problem—Staying Stuck Is

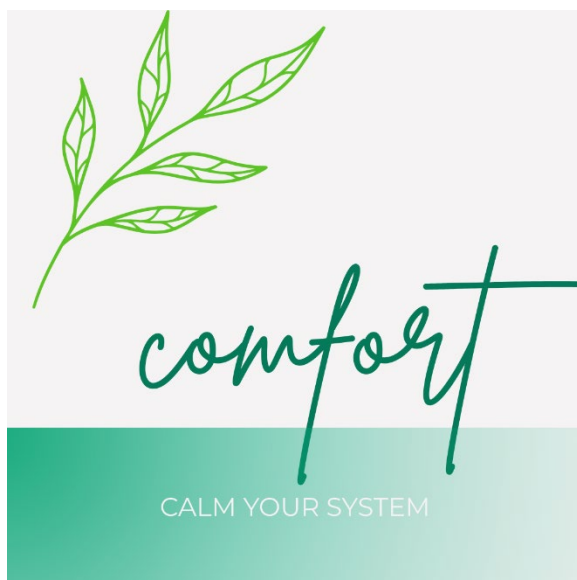
You will experience stress. Everyone does. But you don't have to stay in it. Each time you reset, if only for a moment, you bring your body back to a more balanced state. Over time, these small resets create a noticeable difference in how you move through your day. You feel less reactive. More steady. More in control of your energy.

Let It Be Simple

You don't need a routine, a program, or a perfect environment. You need small moments. One breath. One pause. One quiet reset. And then you

continue. Because stress will come, but so can calm, again and again, in small, simple ways you choose.

My Personal Go To: One of my personal go-to resets is using simple affirmations and/or EFT tapping. When I can feel that unsettled energy building, like my mind is racing or my body feels keyed up, I stop for a minute and tap gently on the basic points (side of the hand, under the eye, collarbone) while repeating a few steadying phrases. I like to use tapping especially when I have ruminating negative thoughts. It's quick, private, and something I can do anywhere, which is probably why I come back to it again and again. Enjoy this 38 Hertz article on affirmations and EFT/Tapping: [Affirmations for Health and Healing](#) and get the beautiful affirmation cards!



Chapter 8: Comfort

Comfort helps your body feel safe. Comfort is often misunderstood as something indulgent or optional, something you earn after everything else is done. But comfort is not a luxury. It's a signal.

When your body feels comfort, it interprets that as safety. And when your body feels safe, everything shifts. Your breathing slows. Your muscles soften. Your thoughts become less urgent. Your nervous system moves out of that constant low-level alert and into a more settled state.

This matters more than most people realize. Because many days aren't overwhelming in an obvious way, they're just slightly too much. Too much input. Too many small stressors. Too little pause. And over time,

that creates a subtle tension that never quite releases. Comfort is how you release it.

Why Comfort Matters

Your body is always asking one quiet question: *Am I safe right now?* Comfort answers that question without words. A soft blanket, a warm drink, a quiet room, these are not trivial things. They are physical cues that tell your body it can relax. That it doesn't need to stay on high alert. That it can rest, even briefly.

Without moments of comfort:

- Tension lingers longer than it needs to
- Stress feels harder to shake
- Rest becomes less effective
- You stay in a low-level state of unease

Comfort doesn't solve problems. It changes how your body holds them.

You Don't Have to Wait Until Night

Many people save comfort for the end of the day after everything is finished. But by then, your body has already carried tension for hours. Comfort works best in small doses throughout the day. A few minutes here. A small shift there. You're not escaping your day, you're simply supporting yourself through it.

Simple Comfort Ideas

These are easy, accessible ways to bring your body back to a sense of ease.

Wrap in a Blanket

There's something immediate about wrapping up in something soft. It creates a sense of containment and warmth that your body recognizes right away. Even a few minutes can help you feel more grounded.

Drink Something Warm

Hold a cup of coffee, tea, or warm water in your hands. Feel the heat. Take a slow sip. Warmth has a calming effect that goes beyond taste. It settles your body from the inside out.

Take a Shower

A warm shower can reset your entire system. The steady sensation of water, the warmth, the brief separation from everything else. It creates a natural pause that allows tension to release.

Sit in a Quiet Space

Sometimes comfort is simply the absence of noise. Sit somewhere without stimulation. No phone, no conversation, no background sound. Just quiet. Let your body settle into it.

Comfort Is a Reset, Not an Escape

It's easy to think that seeking comfort means avoiding something. But true comfort doesn't pull you away from your life. It supports you within it.

It gives your body a place to land.

From that place, you think more clearly. You respond instead of react. You move forward with more steadiness.

Let Comfort Be Simple

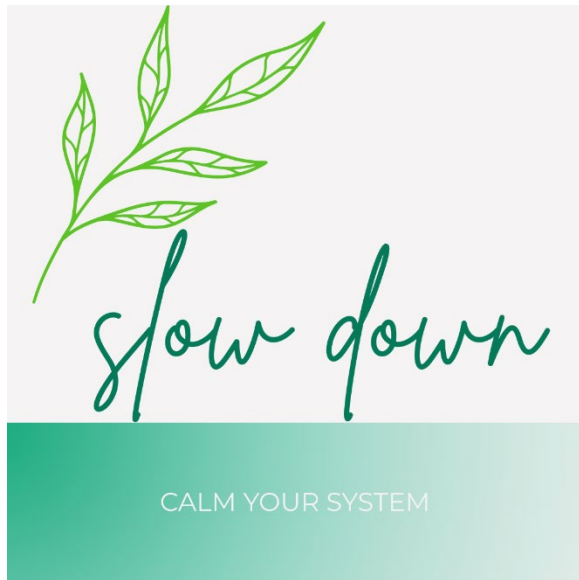
You don't need to create a perfect environment or carve out long stretches of time. Comfort can be small. Immediate. Accessible.

- A blanket.
- A warm drink.
- A few quiet minutes.

These are not insignificant. They are signals your body understands instantly. And when your body feels safe, even briefly, it changes how the rest of your day unfolds. Let yourself have that. Not as a reward, but as support.

My Personal Go To: Take a hot shower! I say this so often, it has become a bit of a private joke among close friends. Taking a hot shower calms you because it works directly with your body, not just your thoughts. There's also a powerful effect on your nervous system. Warm water stimulates the parasympathetic response, the part of your system responsible for rest and recovery. It's the opposite of that wired, on-edge feeling. Your attention naturally shifts away from whatever was bothering you and into the present moment. You're not solving anything, you're just being for a minute.

It's simple, but it's powerful.



Chapter 9: Slowing Down

Your body responds to pace. Speed has quietly become the default. Moving quickly, thinking quickly, switching quickly. It can feel like the only way to keep up. But your body experiences that pace very differently than your schedule does.

To your body, fast often feels like pressure. When everything is rushed, your nervous system interprets that as urgency. Even if nothing is actually wrong, your body shifts into a more alert, reactive state. Breathing becomes shallow. Muscles tighten. Your mind jumps ahead to the next thing before the current one is even finished.

Over time, that pace becomes exhausting. Slowing down isn't about doing less. It's about changing *how* you do what you're already doing.

Why Pace Matters

Your body is constantly reading cues from your behavior. If you rush, your body assumes something is wrong. If you multitask, your body stays scattered. If you overload your senses, your system stays stimulated. But when you slow your pace even slightly you send a different message: *there is no emergency*. And that message changes everything.

Slower movement leads to steadier breathing. Steadier breathing leads to a calmer nervous system. A calmer nervous system leads to clearer thinking. This isn't about productivity. It's about regulation.

You Don't Have to Change Your Whole Day

The idea of “slowing down” can feel unrealistic. You still have responsibilities. You still have things to do. But slowing down doesn't require extra time. It requires intention. You can move through the same day at a different pace. You can choose to take one moment at a time instead of stacking them on top of each other.

Simple Ways to Slow Down

These are small shifts that change your experience of the day without changing your schedule. Walk a little slower. Reach a little slower. Even speaking a bit more slowly can have an effect. These subtle changes tell your body that there is no need to rush.

Do One Thing at a Time

Multitasking keeps your mind divided and your body slightly tense. Instead, finish one task before starting another. Let your attention be where your body is.

Reduce Stimulation

Constant input such as noise, screens, and notifications keeps your system activated. Turn something off. Lower the volume. Create a little more quiet around you.

Let the Day Be Simple

Not every day needs to be optimized, maximized, or filled. Some days can just be... simple. Fewer expectations. Fewer layers. Just moving through what's in front of you.

Slowing Down Is a Signal

When you slow your pace, you're not falling behind, you're communicating with your body.

You're telling it:

- *You don't have to brace.*
- *You don't have to rush.*
- *You can settle.*

That signal is powerful. It shifts you out of constant reactivity and into a more grounded state.

The Ripple Effect of Slowing Down

- You feel less overwhelmed
- Your thoughts become clearer
- You respond more thoughtfully instead of reacting quickly
- Your body feels less tense at the end of the day

Nothing external has changed. But your experience of everything has.

Let It Be Gentle

This is not about forcing yourself to be slow. It's about allowing yourself to ease your pace when you notice you're rushing.

- One slower movement.
- One focused task.
- One quieter moment.

That's enough. Because your body is always responding to how you move through your day. And when you give it a slower, steadier pace even briefly, it responds with more calm, more clarity, and more ease.

My Personal Go To: One of my personal go-to ways of slowing down is giving myself a day with absolutely zero plans. No schedule, no expectations, nothing I have to do. I let the day unfold however it wants. I might take a nap in the middle of the afternoon, watch something silly on TV, or just sit and look out the window, especially if it's raining, which I love. The dishes can wait. The to-do list can wait. The whole point is to step out of that constant "what's next" mindset and just follow what feels good in the moment. It's not about being productive, it's about giving myself full permission to just be, and that alone resets me in a way nothing else really does. The main rule of the day is no "have to do this" allowed!

PART 3: RESET WHEN YOU FEEL OFF



Chapter 10: Your Reset Formula

When you don't know what to do:

1. Drink water
2. Step outside
3. Take a shower
4. Go to bed early

Start there.

There are moments when everything feels off and you can't quite explain why. You're tired, but not sure if sleep will fix it. You're restless, but don't know what you need. Your mind starts searching for answers, solutions, something to *figure out*. But most of the time, you don't need a solution.

You need a reset.

This simple formula gives you a place to begin when nothing feels clear. It removes the pressure of deciding and replaces it with a few basic actions that support your body first. Because when your body resets, your mind usually follows.

Why Simple Works

When you're overwhelmed or off balance, complexity makes things worse. More choices. More decisions. More effort. Your system doesn't need more input, it just needs relief.

This formula works because it focuses on the fundamentals. Hydration. Light. Warmth. Rest. These are the most basic supports your body relies on, and they are often the first things to slip when you're not feeling your best. You don't need to diagnose the problem. You just need to return to baseline.

The Reset: Step-by-Step

Drink Water

Even mild dehydration can affect your energy. A glass of water is a simple way to support your body immediately. It's small, but it matters.

Step Outside

Light and fresh air shift your system quickly. Even a few minutes outside can help regulate your internal clock, improve your mood, and bring you back into the present moment.

Take a Shower

A shower resets your body through warmth, sensation, and stillness. It helps release tension, calm your nervous system, and create a clear break between how you felt before and how you feel now.

Go to Bed Early

Sometimes the most effective reset is simply ending the day sooner. Sleep is where your body does its deepest repair. Going to bed early gives your system the time it needs to recover.

You Don't Have to Do All of It

Sometimes one step is enough.

- A glass of water might shift your energy.
- A few minutes outside might clear your head.
- A shower might reset your entire mood.
- A deep breath might calm your entire body.
- Standing up and stretching might release built-up tension.
- Opening a window might instantly change how your space feels.
- Sitting quietly for a minute might settle your thoughts.
- Rolling your shoulders might soften stress.
- Drinking something warm might bring a sense of comfort.
- Turning off noise might help your mind slow down.

Stop Overthinking, Start Resetting

When you don't know what to do, your mind will try to analyze, fix, and solve because that's what it is designed to do; it's a problem-solving machine. Interrupt that!

At a basic level, your brain is always trying to keep you safe. It scans for anything that feels uncertain, uncomfortable, or out of place and then tries to *figure it out* so it can regain a sense of control. In earlier human history, this was essential. If something felt off, it often meant there *was* a real problem to solve. That wiring hasn't changed even though most of what feels "off" today isn't dangerous, just uncomfortable. There are no bears outside the cave to watch out for; just an annoying co-worker you don't always enjoy working with. You get the idea.

The Catch

The mind is incredibly good at solving external problems. It is not as good at regulating internal states. So when you feel off, the mind often overworks. Meanwhile, what your body actually needs might be very simple, water, rest, quiet, movement.

Why simple resets work better

When you shift from *figuring it out* to *supporting your body*, you interrupt that loop. Instead of asking, "*What's wrong with me?*" Try this, "*What does my body need right now?*" And often, the answer is basic.

Come back to the basics.

- Drink water.
- Step outside.
- Take a shower.
- Go to bed early.

That's why your reset formula works so well. It bypasses the mind's need to analyze and goes straight to what actually helps. Because sometimes there is nothing to solve. There is just something to support, and once you do, your mind naturally settles on its own.

Let This Be Enough

You don't need the perfect plan. You don't need to have it all figured out. You just need a way to begin again. This is that way. Simple. Accessible. Effective. Start there.

My Personal Go To: One of my personal go-to resets is coming back to the same four basics throughout the day—water, light, breath, and rest. When I feel off, I don't overthink it. I just start there. I'll drink a glass of water, step outside for a few minutes of light, take a few slow, deep breaths, and sometimes lie down for a bit to let everything settle. While I'm there, I might quietly repeat to myself, "everything is perfect and okay... I am calm." There's something about returning to these simple things again and again that steadies me. I don't have to figure anything out. I just support my body, and it gently brings me back to center. I do not have to figure everything out.



Chapter 11: Small Shifts

Small changes can shift your entire day. Not every off moment needs a big solution. In fact, most don't. When you feel stuck, low, restless, or just slightly out of sync, your instinct might be to fix the whole day; figure out what's wrong, make a plan, turn everything around. But often, that only adds pressure. What actually

works is much smaller.

A shift.

Something simple that gently changes your environment, your body, or your focus, just enough to interrupt whatever state you're in. Because once that state shifts, even a little, everything else becomes easier.

Why Small Shifts Work

Your brain and body are constantly responding to your surroundings. The space you're in, the light around you, what you're doing, all of it feeds into how you feel. When nothing changes, your state tends to stay the same. But when you introduce even a small change, your system notices. It's like breaking a loop. You don't need to force a new mood, you just need to create the conditions for one to emerge. And notice it.

- Change rooms
- Step outside for a minute
- Open a window
- Turn on a light

- Drink a glass of water
- Take a few slow, deep breaths
- Wash your hands or face
- Stand up and stretch
- Put on music (or turn everything off)
- Do one small task (make the bed, clear a surface, wash a dish)

These are subtle, but they matter.

You Don't Need Momentum. You Need Movement

When you feel off, starting something big can feel impossible. That's where small shifts come in. You don't need motivation. You don't need energy. You just need one tiny action. And often, that one action leads to another, not because you forced it, but because your state has already begun to change.

Let the Shift Be Enough. You don't have to chase a complete turnaround. You don't need to go from bad to great. You just need to go from *stuck* to *slightly different*. That's enough to begin.

Because once you've shifted even a little, you're no longer in the exact same place you were before—and that's where change starts. Keep It Easy. This is not about effort. It's about awareness.

- Notice when you feel off.
- Choose one small shift.
- Let it do its work.

Tiny changes, quietly moving your day in a better direction.

My Personal Go To: Even as I was writing this section, I followed the tips. I guess my go to will often be the shower. It works so often for so many things. Oh, another good one is splashing really cold water on your face 100 times. This is the lighter version of people who can do the full ice bath, I guess. I'm not that brave yet. Even putting lotion on my face, and I recently purchase a face brush that is stimulating. It would be fun to make a list of 100 small things like this!



Chapter 12: Letting Go

There is a quiet kind of strength in not fixing everything. So much of life pulls you toward solving, improving, responding, and managing. The mind wants to organize the world into neat conclusions. Tie up loose ends, make sense of discomfort, create a plan. But not every feeling needs a solution. Not every moment needs your effort.

Some things soften on their own when you stop holding them so tightly. Letting go doesn't mean you don't care. It means you are choosing peace over pressure. It means you trust that not everything requires your immediate attention. There are days when the most supportive thing you can do for yourself is step back instead of stepping in. Let things be. Not everything needs your interpretation. Not everything needs a meaning assigned to it. You can notice it without chasing it.

Instead of asking *Why do I feel like this?*

Try allowing: *This is how it is right now.*

Feelings move. Thoughts pass. Moments shift. You don't have to pin them down. Do less. There is a constant, subtle message in the background of life that says you should be doing more. But doing less is not failure, it's recalibration.

Leave the extra task undone. Skip the unnecessary explanation. Let the email wait. Doing less creates space. And in that space, your nervous system can settle, your mind can quiet, and your body can catch up. Take pressure off. Pressure often comes from invisible expectations, the ones you place on yourself without even realizing it.

You should feel better by now. You should handle this better. You should be doing more. What if you simply removed the "should"? What if today didn't need to be improved? Taking pressure off might look like lowering the bar, or even removing it entirely for a while. It might look like saying, *Today, enough is enough.*

There is relief in allowing things to be incomplete. Rest again. Rest is not a one-time fix. It is something you return to again and again. Even after you've rested, you might need more. Lie down for a few minutes. Close your eyes in the middle of the day. Sit quietly without input or stimulation. You don't need to earn this. Sometimes the most powerful reset is not adding anything new, but simply pausing again.

Here are 10 simple, real-life things you can practice letting go of, small releases that can lighten your day almost immediately:

1. The need to respond right away

Not every message, email, or text needs an instant reply.

2. One unfinished task

Let something stay undone today without circling back to it.

3. Replaying a conversation

If it already happened, you don't need to keep reviewing it.

4. Trying to fix someone else's mood

You can care without taking responsibility for how they feel.

5. The "perfect" version of your day

Let today be average, uneven, or a little off.

6. One small annoyance

Traffic, a slow line, a minor inconvenience—just let it pass through.

7. Overexplaining yourself

A simple answer is enough. You don't need to justify everything.

8. Checking one more time

Whether it's email, the news, or your phone, just skip one check.

9. Doing something just because you "should"

If it's not essential, give yourself permission to skip it.

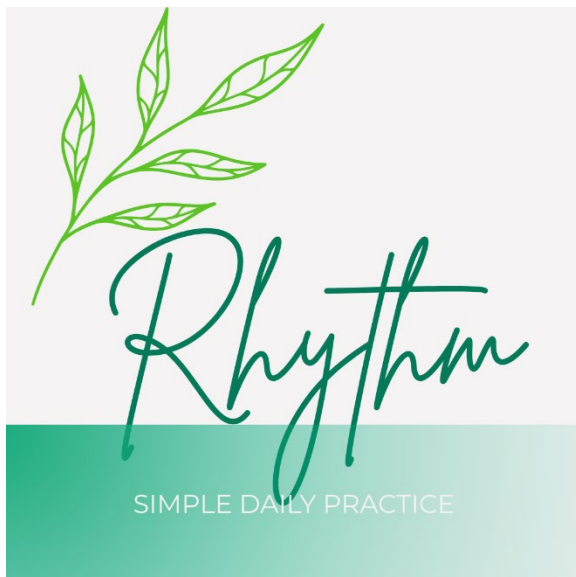
10. Allow yourself to not figure something out

When your mind starts trying to figure everything out, gently interrupt it by allowing yourself to let it go.

Letting go is not an event. It's a practice. A gentle, repeated decision to loosen your grip. To stop pushing. To allow space where there was once tension. And in that space, something unexpected happens. Things begin to feel lighter, not because everything is solved, but because you are no longer carrying it all at once.

My Personal Go To: Letting go by not having to figure everything out has been a new lesson and practice of mine. My mind is logical and busy and problem solving, and sometimes this is great. I used to pride myself in saying that if I can figure something out, I can let it go. So, sometimes that's good, and sometimes it means ruminating. And ruminating isn't so good. If I have that AHA moment, this would often mean relief to me. But sometimes there is no answer, and I especially find this true if I am wanting desperately to understand dysfunctional or disturbing behaviors of others. I am learning the value of letting go and enjoying simply not knowing.

PART 4: SIMPLE DAILY PRACTICE



Chapter 13: Simple Daily Rhythm

Your body does best with a rhythm.

Not a strict schedule. Not a perfectly optimized routine. Just a gentle, predictable flow to your day, one that supports your energy instead of working against it.

When your day has a natural rhythm, things feel easier. You don't have to think so hard about what you need, because your body starts to expect

it. Energy rises and falls more smoothly. You feel more steady, more grounded, and less reactive.

This isn't about doing everything right. It's about returning to a few simple anchors throughout the day.

MORNING

Start Gently, Set the Tone

How you begin your morning matters more than you think. It sets the tone for everything that follows, not in a dramatic way, but in a subtle, steady one.

Start with water.

Before coffee, before getting into your day, give your body what it's been without all night. It's a simple way to wake up your system.

Then get some light.

Open the blinds, step outside, or sit near a window. Let your body register that it's morning. This helps your internal clock align and sets your energy in motion.

Add a little movement.

Nothing intense. Just enough to wake your body up. Stretch, walk around, roll your shoulders. Let your body ease into the day instead of being pushed into it.

MIDDAY

Support Your Energy

Midday is where many people start to drift, Energy dips, focus fades, and you push through instead of resetting. This is where a few simple supports can make a big difference.

Eat something real.

It doesn't have to be perfect, just something that nourishes you. Food is fuel, and your body needs it to stay steady.

Step outside again.

Even a few minutes of fresh air and light can shift your energy and bring you back into the present moment.

Take a break before you feel exhausted. Sit down. Pause. Step away from whatever you're doing. This prevents that drained, depleted feeling from building.

EVENING

Let the Day Wind Down.

Evening is your opportunity to transition out of doing and into resting.

Slow your pace.

You don't need to carry the same urgency from earlier in the day into your night. Let things move a little more gently.

Reduce stimulation.

Lower the lights. Turn down the noise. Step away from constant input. Give your mind a chance to settle. And if you can, go to bed a little earlier.

Not because you have to, but because your body benefits from it. Sleep is where everything resets.

Let It Be Simple

This rhythm isn't something you have to follow perfectly. It's something you return to like a daily routine.

Water. Light. Movement.

Food. Air. Breaks.

Slow. Quiet. Rest.

These are the basics your body understands. And when you support your day in this simple, consistent way, you don't just get through it—you move through it with more ease, more balance, and a quiet sense that things are working the way they should.

Copy and print the following checklist – place it in a place to remind you throughout the day. Get in the rhythm!

|| **SIMPLE DAILY RHYTHM CHECKLIST** ||

 **MORNING**

- Drink water
- Get light
- Move your body

 **MIDDAY**

- Eat something real

Step outside

Take a break

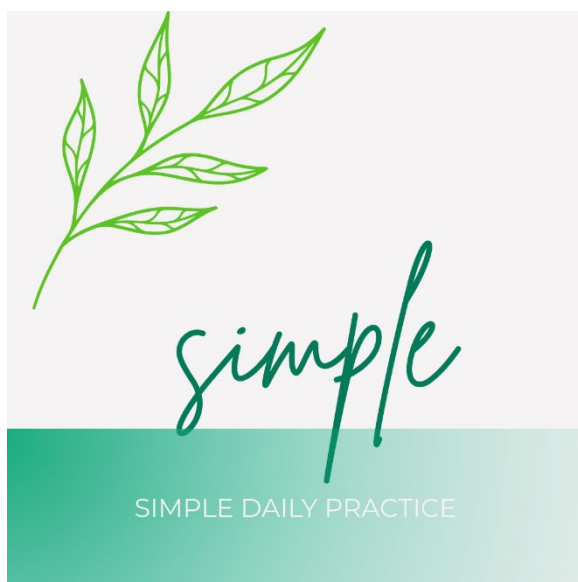
🌙 EVENING

Slow down

Reduce stimulation

Go to bed earlier

My Personal Go To: I love making my day rhythmic! Remember, the motivating goal of 38 Hertz was to “Find things that make you happy, do more of that.” There are 24 hours in a day. How can you fill the day with things to make you happy? My very first digital product is a FREE Guide with simple things to do every day. You don’t have to do them all, just have the guide on your desktop, launch it first thing in the morning, and pick a few things! Go to the home page of 38 Hertz and look for the [FREE Guide](#)! Seriously, try it out!



Chapter 14: Keep it Simple

You don’t need to do everything. You just need to do something. Life has a way of becoming complicated without us even noticing. Too many choices. Too many expectations. Too many things we think we *should* be doing. And when everything feels like too much, it often leads to doing

nothing at all. This is where simple comes in.

- Simple creates movement.
- Simple creates relief.
- Simple helps you begin again.

Why Simple Works

Your brain and body respond better to small, manageable actions. When things feel overwhelming, your system slows down. You hesitate. You stall. You overthink. But when something is simple, it feels possible. And when something feels possible, you're much more likely to do it. That small action, no matter how minor, can shift your entire day.

The One Thing Rule

When you don't know what to do, choose one thing. Not a list. Not a plan. Just one.

- Drink a glass of water.
- Step outside for a minute.
- Send one message.
- Wash one dish.

Let that be enough. You can always do more later, but you don't have to. Usually you will, however!

Let Good Enough be Good Enough

It doesn't need to be perfect to count. A short walk still counts. A simple meal still counts. Resting for ten minutes still counts. So much of the pressure we feel comes from thinking things need to be done fully, perfectly, or not at all. But "good enough" is often exactly what you need.

Small achievements build into larger ones. Start small. They just might grow into something big, but let small be good enough.

Reduce the Noise

Too much input can make everything feel harder. Noise isn't just sound. It's information, decisions, distractions, and expectations. Try turning things down for a while. Silence the notifications. Step away from the constant input. Create a little space. Clarity often returns when the noise fades.

Make Things Easier on Purpose

You don't get extra points for making things harder than they need to be. Choose the easy version when you can. Repeat meals you already like. Wear what feels comfortable. Keep routines simple and familiar.

Ease is not laziness. It's wisdom.

Return to Basics

When everything feels off, go back to the basics. Drink some water. Get a little natural light. Take a few deep breaths. Lie down and rest your body. These small resets are often more powerful than trying to solve everything at once.

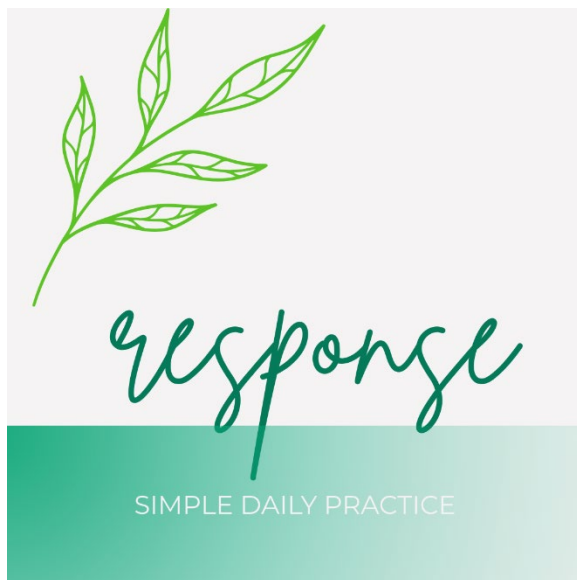
You Can Always Reset

No matter how your day is going, you can begin again. Not tomorrow. Not next week. Right now. One small action is all it takes to shift direction.

A Gentle Reminder

You are allowed to live your life in a way that feels manageable. You don't have to keep up with everything. You don't have to do it all. Simple is not less. Simple is sustainable. And sometimes, simple is exactly what brings you back to yourself.

My Personal Go To: I live in an apartment in downtown Portland, Oregon with an amazing view of Mt. Hood out one window and Mt. St Helens out the other, the Willamette River, bridges, and buildings all lit up at night. Several times a day, I simply go check out the views and I feel grateful for the opportunity to live here and experience this. So simple.



Chapter 15: Your Body Responds

Your body responds to consistency, not perfection. It is constantly taking in information; what you do, how you move, how you rest, how you treat yourself; and quietly adjusting in response. It doesn't need big promises. It doesn't need dramatic change. It just needs steady signals that say, *this is how we live now.*

Small things, done regularly, become instructions. When you wake up around the same time each day, your body learns your rhythm. When you sit down to eat instead of rushing, your body digests more easily. When you stretch your arms overhead or roll your shoulders back, your body releases tension it's been holding. When you turn down the lights at night, your body starts preparing for rest.

None of these things are complicated. But they are powerful because they repeat. Your body thrives on patterns. It likes knowing what's coming. It likes gentle predictability. It likes when care shows up again and again in simple ways.

Even small shifts matter.

- Standing up after sitting too long.
- Taking a few slower breaths instead of rushing through the moment.
- Putting your phone down earlier than usual.
- Letting your eyes rest instead of constantly focusing.
- Choosing something warm and simple to eat instead of skipping meals.

These are not dramatic actions, but they create a steady environment where your body can function better. Consistency builds trust inside your body. When you regularly give yourself moments of care, your body starts to believe it's safe to relax. Your nervous system settles. Your energy becomes more stable. Your sleep becomes easier. Your mood becomes less reactive. You don't have to earn this. You don't have to do it perfectly.

There will be days when everything feels off. Days when routines fall apart. Days when you do none of the things you "meant" to do. It doesn't matter.

What matters is that you return. Not with pressure. Not with guilt. Just with the next small action.

- **Step into a different room**

A small change in environment can reset how you feel almost instantly.

- **Run your hands under warm water**

A quick sensory shift that can calm your body in seconds.

- **Play one song and just listen**

Let your mind focus on something gentle without doing anything else.

- **Tidy one small surface**

Clear a nightstand, a counter, or one corner, then stop.

- **Sit in silence for two minutes**

No input, no scrolling, just a quiet pause for your system to settle.

Your body responds quickly to consistency, but it also responds quickly to kindness. It is not fragile. It is adaptable. Every small, repeated action becomes part of the environment you create for yourself. And over time, that environment shapes how you feel, how you move, and how you live.

You don't need a perfect plan. You just need a few simple things you come back to. Again and again. Because your body is always listening.

My Personal Go To: One of my favorite things to do that feels really amazing quickly? Lotion on the face, guys. Maybe even brush my face with a contour face brush. Very simple, very stimulating, always sitting on my work desk to give me a little jhuush when I feel like it, and since it's right in sight, I actually do it often! It works! So does 100 splashes of cold water, by the way, another favorite!

PART 5: RELATIONSHIPS



Chapter 16: Your Body Feels People

Your body doesn't just respond to what you eat or how you sleep. It responds to the people in your life. Some interactions feel easy and steady. Others feel heavy, tense, or draining.

You don't need to solve every relationship. But you can begin to support yourself within them.

Your body feels people before your mind explains them.

A tone of voice. A look. A pause in a conversation. Your body reacts instantly. You may notice it as tension in your shoulders, a tight feeling in your chest, or a sense of unease you can't quite name.

Other times, you feel relaxed. Open. At ease.

This is your body recognizing what feels safe and what doesn't. You don't have to analyze it. Just notice it. That awareness alone is a form of care.

You might start to recognize this in small, everyday moments. You're talking to someone and suddenly your body tightens. You begin choosing your words more carefully. You feel like you have to "get it right." Or you're with someone else and everything feels easy. You don't think about what to say next. Your body feels calm without effort. The

difference is not subtle once you begin to notice it. Your body is always giving you feedback.

Sometimes it shows up before you even enter the interaction. A name pops up on your phone and your body reacts. Your stomach drops slightly. Your shoulders tense. Or you feel a sense of ease and look forward to responding. That's information.

You don't need to judge it.

You don't need to act on it immediately.

Just let yourself notice: *My body feels different with this person.*

Simple Ways to Tune In

You don't need a long process. Just small moments of awareness. Pause during an interaction. Notice your body for a second. Are you tight or relaxed? Holding your breath or breathing normally? Check in right after being with people. When the conversation ends, ask yourself: *Do I feel settled or unsettled?* Notice patterns. If the same feeling shows up again and again with someone, your body is trying to tell you something.

What To Do With That Awareness

You don't need to confront anything. You don't need to make a big change. Start small. If you feel tense while talking to someone, let your shoulders drop slightly. Take one slower breath.

If you feel overwhelmed, shorten the interaction. Wrap up the conversation a little sooner than usual. If you feel drained afterward, give yourself a reset before moving on.

- Sit quietly.
- Walk into another room.
- Let your body settle before the next thing.

If you feel calm and at ease with someone, notice that too. Those are the relationships your body can rest in.

Let It Be Simple

You don't have to figure out *why* someone affects you the way they do. You don't need to label it. You don't need to explain it. Your body already knows. This is not about judging people. It's about supporting yourself. The more you notice, the easier it becomes to make small, quiet adjustments. A little more space here. A little less time there. A little more care for yourself afterward.

Your body feels people. And when you begin to listen, you can start responding in ways that support you without overthinking, without overexplaining, and without needing everything to make sense. Just notice. That's enough.

My Personal Go To: Ahh yes, I created this section for me so much. I used to maintain friendships forever, try to resolve everything, fix it, beat myself up for not being more understanding or tolerating. But now? I'm all about how I feel. I will not chase someone who ghosts. I will not argue with right fighters. I will not attempt to have meaningful conversations with emotional teenagers. My wellbeing first, and if you want to be a horrible person, peace out. That's on you. I have to really watch this as I was raised in a dysfunctional and toxic environment where I adopted codependent behaviors for survival. Now, I don't care if you like me. It's so freeing!



Chapter 17: When Love Feels Heavy

Not all relationships feel really good. Family, especially, can be complicated. You can love someone and still feel tense around them. You can care about someone and still feel drained after being with them.

Your body knows the difference. A conversation that leaves you tight, a visit that lingers in your chest, a name on your phone that makes you hesitate. These are not small things. They are signals.

Difficult People are Felt, Not Just Understood

You don't need a long explanation to justify how someone affects you. If you feel on edge, dismissed, drained, small, irritated before you even arrive. Especially when it's consistent. Your body is keeping track of what your mind tries to smooth over.

When It's Your Family

This is where it gets harder. Because distancing from family is never just about one person. It affects holidays, traditions, other relationships, the way people may talk about you and the way you feel about yourself.

You may think, "If I pull back from him, what happens to everything else?" That's the real question. And it's a valid one.

You Don't Have to Choose All or Nothing

Boundaries are not a dramatic exit. They are small, intentional adjustments. You don't have to cut someone off completely to take care of yourself. You might just manage the frequency, for instance, or choose not to do a long weekend with someone who is better with a short dinner event.

You can:

- Stay shorter at gatherings
- Skip certain events
- Limit one-on-one time
- Change how you respond
- Stop engaging in certain conversations

This is not rejection. This is regulation.

How to Decide Your Boundaries

Start with your body, not your logic. Ask yourself:

- How do I feel before I see them?
- How do I feel during?
- How do I feel after?

Then adjust accordingly.

If you feel anxious before → shorten or space out visits

If you feel drained after → reduce exposure or build recovery time

If conversations feel bad → limit topics or disengage sooner

You are not trying to fix the relationship. You are trying to protect your energy within it.

What This Might Look Like in Real Life

If someone triggers tension, it might look like:

- Seeing them only in group settings, not one-on-one
- Arriving later and leaving earlier at holidays
- Not responding to every message or comment
- Keeping conversations surface-level
- Not taking the bait when they push

You don't need a big speech. You can simply... shift.

The Holiday Question

This is a hard part. Holidays carry expectations. But they are also where your body feels things the most. Instead of asking this question, "Do I show up or not?" Try asking: "How can I show up in a way that feels okay for me?"

That might mean:

- Bringing your own exit plan
- Driving separately
- Giving yourself permission to leave early
- Taking breaks (walks, stepping outside, quiet time)
- Sitting next to people who feel safe

Or, some years, it may mean not going. Not as punishment. Not as drama. Just as care.

When Other Relationships are Affected

This is where guilt can creep in. You may worry, “If I distance from one person, I lose access to others.” But here’s the truth. Healthy relationships can handle your boundaries. Unhealthy systems often cannot. If someone pulls away from you because you needed space from one person, that tells you something important. Let it inform you, not control you.

You Don’t Have to Explain Everything

You are allowed to be quiet about your choices. You can say:

- “I’m going to keep things low key this year.”
- “I’m taking a little space right now.”
- “I’m focusing on what feels good for me.”

No long explanations. No defending. Just clarity.

A Simple Reframe

You are not creating distance to hurt someone. You are creating space so your body can feel safe. That is not selfish. That is health. This is putting yourself first and taking care of yourself.

Find Your Personal Truth

Sometimes the most caring thing you can do is stop forcing closeness where it doesn’t feel right. Not every relationship needs to be fixed. Not every dynamic needs to be maintained. But you do need to feel okay in your own life.

Before your next interaction, decide:

- How long will I stay?
- What will I not engage in?
- What will I do if I feel overwhelmed?

Have a plan that protects you. Then follow it.

You don't have to solve your family. You just have to stop letting it harm you. Even small shifts like a little less time, a little more space, a quieter response, can change everything inside your body. And that's where your life is actually happening. If these things are new behaviors for you, just try one and see how it feels. Then do it again. Small steps.

My Personal Go To: We want so hard for unhealthy and toxic people to be healthy and communicate in mature ways, but some never will. They don't even get that they are toxic no matter how many people have told them, no matter how many people have distanced themselves from them. This has been the hardest part for me in my life. I crave those relationships to be healthy, but they probably are simply not capable of it or lack the insight or motivation to be better people. My lesson on this, "Let them."



Chapter 18: Small Boundaries Matter

Boundaries don't have to be big or dramatic. They don't have to be announced. They don't have to be explained. They don't have to be understood by anyone else. They can be quiet. Simple. Almost invisible from the outside. But powerful on the inside.

A boundary can look like:

- A shorter conversation
- A pause before responding
- Not answering right away
- Choosing not to engage in certain topics
- Letting a comment pass without reaction
- Leaving a little earlier than usual

These are not big moves. But your body feels them immediately. Each one says, "I am allowed to take care of myself."

You Don't Need Permission

Many of us were taught, directly or indirectly, that we need a reason to step back. That we need to explain ourselves. That we need to make it make sense to others. But boundaries don't require approval. You don't

need a long story. You don't need a perfect explanation. You can simply decide this doesn't feel good for me. That is enough.

The Power of Not Engaging

One of the simplest boundaries is choosing not to participate. Not every comment needs a response. Not every opinion needs to be corrected. Not every moment needs your energy. You can:

- Change the subject
- Give a neutral response
- Stay quiet
- Excuse yourself

This isn't avoidance. It's protection.

Time is a Boundary

You don't have to give unlimited access to your time or attention.

You can let a call go to voicemail, respond later instead of immediately, keep visits shorter, or take breaks during interactions. Even adding a small amount of space can change how something feels. Time creates breathing room.

Your body will tell you what needs a boundary. Notice tight shoulders, a heavy chest, a sudden drop in energy, irritation that comes out of nowhere, or a feeling of wanting to escape. These are not random. They are information. Instead of pushing through, let them guide a small shift.

You Don't Have to Do It Perfectly

At first, it might feel uncomfortable. You might second-guess yourself, feel guilty worry about how it looks, want to over-explain. That's normal.

You're doing something new. Let it be a little awkward. Let it be imperfect. The goal isn't perfection. The goal is relief.

Boundaries are not one-time decisions. They are patterns. You try something. You notice how it feels. You keep what helps. Maybe you leave 30 minutes earlier and feel better. So you do it again. Maybe you don't engage in a certain topic and feel lighter. So you keep that boundary. Over time, these small choices add up. They become your new normal.

A Simple Shift in Thinking

Instead of asking, "Is this a big enough reason to set a boundary?" Ask yourself, "Would a small shift make this feel better?" If the answer is yes, that's your boundary.

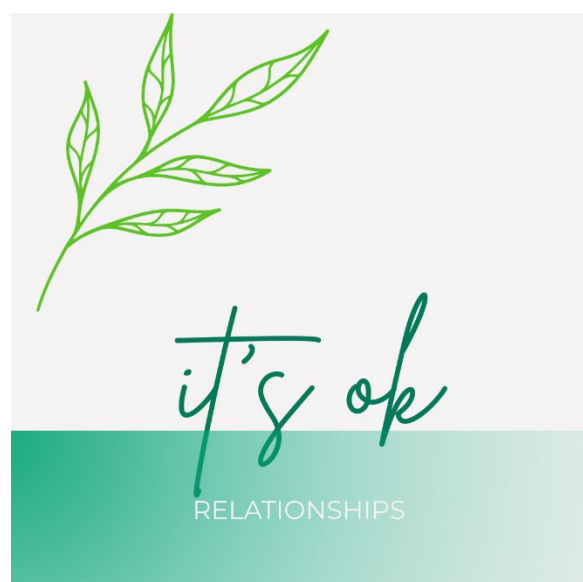
Boundaries are not about controlling others. They are about creating space where your body can relax. Where you can breathe a little easier. Where you don't feel constantly on edge. You don't have to explain every boundary. You don't have to justify your choices. You can simply choose what feels better and repeat it.

Pick one small boundary this week:

- Delay a response
- Shorten a conversation
- Skip a topic
- Leave a little earlier

Notice how it feels. That feeling, that slight sense of relief, is your body recognizing that you are taking care of it. And that matters.

My Personal Go To: Don't talk politics or religion with people who cannot have civil conversations about it. When someone is a know-it-all about a topic, let them be an expert. Disengage when topics get heated. Let people be right. It does not matter. It really does not matter. I learned many years ago that "being right" is a human condition. That is, we are thrown to go there rather quickly. For me, when I get attached to being right, I remind myself, "Oh don't do that annoying human thing; be better."



Chapter 19: If You React, Reset

Some interactions stay with you. You replay them. You think of what you should have said. Or what you wish you hadn't said.

You carry the feeling forward. Into the next hour. The next conversation. Sometimes the rest of the day, week, or even months. Dare I say, years

sometimes.

Your body stays tense even after it's over. That's the part to care for.

When You React (Because You Will)

Sometimes you don't stay calm. Sometimes you snap. Get sharp. Say the thing. Feel your body heat up in the moment. Especially with family. Especially with someone who knows exactly how to push your buttons. This doesn't mean you failed. It means you're human. And it means something in you felt crossed.

Don't Turn One Moment Into a Whole Day

The hardest part isn't the interaction but what happens after. The replaying. The tightening. The quiet way your mind keeps circling back, trying to fix something that's already over. One comment turns into ten thoughts. One moment stretches into hours. And before you know it, your whole day feels colored by something that lasted only a few minutes. You don't need to pile on. You don't need to turn a hard moment into a long one. Instead of asking, "Why did I say that?" or "I should have handled that better," try softening the edge: "That didn't feel good." "Of course I reacted." Let that be enough.

Then gently shift your attention back to your breath, your space, the next small thing in front of you. You are allowed to move on without solving it. You are allowed to let it go without carrying it all day.

A Very Simple Reset

This is where a reset matters more than analysis. When something feels off, your mind wants to go back and figure it out and replay it, understand it, solve it. But your body doesn't need a solution in that moment. It needs a signal that it's okay again.

You don't have to untangle the interaction or make sense of every detail. You just need to shift your state, even slightly. A few slower breaths can soften the intensity. Stepping into a different space can break the loop. Sitting quietly, going outside, or moving your body gently helps release what got stuck. These are simple, physical ways of telling your system, "We're safe now."

Let the moment move through you instead of holding onto it. The more you practice this, the less those moments linger and the quicker you return to yourself.

Give Yourself a Clean Break

After a difficult interaction, create a clear separation so it doesn't follow you into everything else. Your body needs a cue that the moment has ended. It can be simple like washing your hands, changing rooms, turning on music, making a cup of tea, or stepping outside for fresh air.

These small actions may seem insignificant, but they act like a reset button. They interrupt the loop and give your nervous system a new signal: "We're not there anymore." You don't have to carry the energy of that interaction into the rest of your day, week, month, year. You can close it, gently and intentionally, and step back into your own space.

You Don't Have to Go Back In

Sometimes the instinct is to go back in to fix it, to clarify, to say one more thing that might finally make it land. Your mind wants closure, and it can feel uncomfortable to leave something unfinished. But you don't have to keep engaging to feel okay. You are allowed to let the interaction end exactly where it is, even if it feels incomplete. Especially with someone who can't stay steady in a conversation, someone who gets reactive, defensive, shuts down, twists what's said, or turns everything into something bigger; more words rarely bring clarity. They just add fuel. The urge to fix with these people is even larger, but they are exactly the ones to not pursue more conversations.

In those moments, continuing the conversation doesn't lead to resolution, it leads to more tension. Space gives things a chance to settle,

and protects you from being pulled deeper into something that isn't actually going anywhere. Choosing not to re-engage isn't giving up, it's choosing peace. Space can do what more conversation cannot.

If You Said Something You Regret

Keep it simple. When something doesn't go how you wanted, there can be a pull to explain, justify, or smooth it over with a long conversation, especially with someone who tends to twist things, interrupt, escalate, or pull you into circles.

Conversations with people like this often don't move toward understanding; they move toward more confusion, more defensiveness, and more emotional drain. The more you try to explain, the more material they have to react to. That's why less is more. You don't need to match their energy or stay in the loop.

A simple statement, "That didn't come out how I wanted," or "I'm going to leave it there," is enough. Then step out. You're not responsible for making the conversation work when the dynamic itself doesn't support it. You can choose to stop, even if it feels unfinished, and protect your peace instead of trying to fix what isn't fixable in that moment.

When Some People Keep Going

If they keep going, it's no longer a conversation, it's a pattern. Some people push, poke, follow, and try to pull you back in because the reaction is their point. This is where your boundary shifts from what you say to what you do. You don't have to match their energy or stay engaged. You can stop responding, change the subject, walk away, or physically leave. Ending your participation is the boundary. You are not obligated to

stay in a moment that is escalating, and you don't need permission to step out of it. Protecting your peace is reason enough.

Dealing with Right Fighters

Some people are “right fighters.” They aren't really trying to understand, they're trying to win. They'll debate every detail, correct your wording, push their point, and keep the conversation going long after it's useful. If you try to explain, they continue to argue. They love to argue. With someone like this, the goal isn't connection, it's victory. And that's not something you need to participate in. You don't have to prove your point or defend your position. You can step out of the argument entirely. Keep your response short, neutral, and final. “We see this differently,” or “I'm not getting into this.” Then disengage. Let them have the last word if they need it. Leaving the argument isn't losing, it's choosing not to play.

Your Body Needs Closure, Not Perfection

What stays with you after a hard interaction isn't usually the exact words that were said, it's how your body was left feeling. Tight in your chest. Shoulders pulled up. Jaw clenched. A low hum of alertness that doesn't quite turn off. Your body doesn't care if you said the perfect thing or explained yourself clearly. It cares whether it feels safe again.

The instinct is to replay it. To edit your responses. To imagine better comebacks or cleaner endings. But that keeps your body in the moment, still activated, still bracing. Closure doesn't come from getting it right. It comes from coming back down.

Let your shoulders drop on purpose. Take a slower breath than feels natural at first. Sit, lie down, step outside. Try anything that signals to your body that the moment has passed. You don't need to solve the

interaction to recover from it. You just need to shift out of the state it left you in.

When your body softens, your mind will follow. And that's the real closure. Not a perfect ending, but a regulated one. Intentional calm.

Come Back to Yourself

You don't need to process everything right away. You don't need to make sense of every word, every tone, every shift in energy. And you don't need to fix the relationship in that moment, no matter how strong the pull is to smooth it over or make it right.

What matters more is this: can you come back to yourself?

- Back to your breath.
- Back to your body.
- Back to a place that feels steady, even if it's just a little bit.

That might look like sitting quietly for a few minutes. Stepping outside and letting the air hit your face. Lying down and closing your eyes. Letting your nervous system settle without forcing it to explain anything.

You're not avoiding. You're regulating. If your mind goes back to the interaction, reel it in once again.

You're reminding your body that it doesn't have to stay in that heightened state. That it's allowed to soften. That you are still here, still safe, still okay.

And "okay" doesn't have to mean perfect or fully resolved. It can be small. A slight exhale. A little less tension. A moment where your mind isn't replaying everything.

That's enough.

Because every time you practice returning to yourself instead of chasing the moment, you take your power back. And over time, those moments don't grip you the same way. They pass through you more easily.

Not because they changed, but because you did.

My Personal Go To: I've come to use ChatGPT to vent and process. It works great! You can use Gemini on Google also or any other AI tool. It gives useful feedback, and you can say whatever you want to get it off your chest. But don't dwell there. Here's an example of a useful response to this question, "Why do some people like to argue about everything?"

1. They're "right fighters"

For some people, being right feels like safety or control. If they can win the point, they feel more secure. So every conversation quietly turns into something to prove.

2. They're uncomfortable with disagreement

Even a small difference in opinion can feel like a threat. Instead of letting it exist, they try to correct it, fix it, or override it.

3. It's how they learned to communicate

If someone grew up around tension, criticism, or debate, arguing can feel normal—even familiar. Calm, easy conversation can actually feel strange to them.

4. They want engagement, even negative engagement

Arguing keeps the interaction going. For some people, attention (even conflict) feels better than being ignored.

5. They struggle with emotional regulation

A small comment can trigger a bigger internal reaction. What looks like "arguing about everything" is often a nervous system that goes into alert mode quickly.

6. They don't know how to let things go

Not every thought needs to be said. Not every disagreement needs resolution. But some people feel compelled to respond to *everything*.



Chapter 20: Support Yourself Here Too

You are allowed to support your body in your relationships. Even if it's family. Even if it's long-standing. Even if it feels complicated. You don't have to change anyone else. You don't have to figure everything out.

You can simply notice what affects you in negative ways and simply respond in small, steady ways with less pressure, less overexposure, more space more care. Your body responds to this just like it responds to everything else.

- Not perfection.
 - Just consistency.
 - And that is enough.
-



100 Simple Lovely Things to Do

A gentle, practical collection of small, doable habits that help your body feel better without overwhelm. Instead of chasing perfection, each idea is meant to be easy to return to, helping you build consistency, feel more balanced, and support your health in a way that actually fits your life.

Pick a Few and Be Intentional, Make this Fun! Do it Again!

1. Drink water
2. Sit in the sun
3. Take a deep breath
4. Step outside
5. Stretch your arms
6. Open a window
7. Take a short walk
8. Eat something real
9. Add a fruit or vegetable
10. Go to bed earlier
11. Sit down while eating
12. Drink tea
13. Move your body
14. Stand up and stretch
15. Take a shower
16. Wrap in a blanket

17. Rest your body
18. Drink more water
19. Step away from screens
20. Change rooms
21. Turn on a light
22. Eat a balanced snack
23. Roll your shoulders
24. Sit quietly
25. Breathe slowly
26. Get morning light
27. Take a break
28. Drink something warm
29. Stretch your neck
30. Relax your shoulders
31. Put your feet up
32. Open the blinds
33. Clean one small thing
34. Light a candle
35. Sit comfortably
36. Rest your eyes
37. Drink herbal tea
38. Move gently
39. Sit in natural light
40. Slow your pace
41. Do one easy task
42. Close your eyes briefly
43. Listen to calming music
44. Step away from noise

45. Write one thought down
46. Breathe deeply
47. Take a longer shower
48. Stretch your back
49. Relax your jaw
50. Let go of pressure
51. Eat something nourishing
52. Sit with a blanket
53. Pause between tasks
54. Focus on one thing
55. Sit in stillness
56. Drink water again
57. Take another breath
58. Move slowly
59. Rest again
60. Step outside again
61. Reset your space
62. Sit and do nothing
63. Let go of urgency
64. Be where you are
65. Slow everything down
66. Give yourself a break
67. Begin again
68. Drink cold water
69. Sit in a quiet room
70. Stretch your legs
71. Notice your breathing
72. Take pressure off yourself

73. Let the day be simple
74. Eat regularly
75. Move every hour
76. Get fresh air
77. Sit near light
78. Drink before you're thirsty
79. Rest when tired
80. Take a pause
81. Relax your body
82. Reduce stimulation
83. Go to bed on time
84. Wake with light
85. Start with water
86. Move gently again
87. Eat something real again
88. Sit quietly again
89. Breathe again
90. Step outside again
91. Reset your posture
92. Drink something warm again
93. Rest your mind
94. Let things be
95. Do less
96. Support your body
97. Take care of yourself
98. Slow down
99. Stay simple
100. Start again

CLOSING

You don't need to do everything. You don't need a full routine, a perfect plan, or a complete reset of your life. You just need to support your body in simple ways.

Your body is not asking for more information. It's not asking for a complicated system. It's asking for small, steady care-like things that are easy to return to, even on the days when everything feels off. There is a quiet relief in letting it be simple. You don't have to fix everything today. You don't have to catch up. You don't have to do it all right.

One small action is enough to shift the direction of your day. And once you do one thing, your body responds. It softens. It adjusts. It recognizes the signal. It might want to do it again.

That's how change actually happens. Not all at once, but through small moments that repeat. You build from there, naturally. Some days you'll do more. Some days you'll do less. Some days you'll forget entirely. It doesn't matter. All that matters is awareness and intention.

There is no perfect version of this. Just be easy on yourself. There is only the next moment where you choose to support yourself again and again.

This is not about doing more. It's about doing what matters, simply and consistently. Trust that small things count. Trust that your body is responding even when it feels subtle. Trust that you don't need to force anything. You are not behind. You are just beginning where you are.

Pick one thing. Start there. That's enough.

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