

# The Financial Calm Reset

*5 Somatic Steps to Ease Money Stress*

## 1. REGULATE BEFORE YOU REVIEW

Three long exhales before opening your banking app.

## 4. GIVE FROM OVERFLOW

Pause before giving; ensure your body feels spacious, not tense.

## 2. ANCHOR IN SAFETY

Notice: Am I fed? Housed? Supported?  
Name what's stable.

## 5. RECEIVE WITH GRACE

Breathe, smile, and simply say "thank you."

## 3. SPEND WITH INTENTION

Ask: Does this purchase align with my values or my fears?

## REFLECTION PROMPT:

☞ *What emotions arise when you spend, give, or receive?*

☞ *How can you make each a regulated, faith-filled act instead of a reflex?*

⚠ For educational purposes only. Not medical advice. Please consult a qualified healthcare provider before making any health changes.