One Seed at a Time

HEALING SCHOOLS' DAILY GUIDE TO RESET, RESTORE, AND RECONNECT

PURPOSE

Feeling depleted, and know you need a shift…but don't know where to start?

This guide was created for you—educators, leaders, and those who spend their lives in service, often pouring from a cup that isn't always refilled. You are holding a lot. This isn't about doing more, it's about returning to what sustains you.

In this guide are small, intentional practices—microshifts, that you can use throughout your day to reset, reconnect, and restore.

The key to microshifts is consistency. Not doing everything, but doing one small thing, regularly. Why? Well-being isn't something you wait for, It's something you practice, one seed at a time.

WHEN TO BEGIN

There is no perfect time to start.

The best time to begin is whenever your body tells you that you need it. Now if you're able, those natural pauses in the year like spring break, summer break, or winter break, can be a really powerful time to slow down and reset a little more intentionally.

This isn't meant to be something you do all at once. Think of this as a guide you can return to throughout your day. Small moments, small choices, and small shifts. You might reset in between classes, settle during a quiet moment, connect in passing, or restore at the end of your day.

And most importantly:

- You don't need to do everything.
- You can choose **one practice** and return to it **consistently**.

HOW TO USE THIS GUIDE

Start small.

Choose one practice that resonates with you and try it **consistently**:

- for one day
- for one week
- or for a few weeks at a time

You can return to the same practice daily, or layer in another when you feel ready. This is not about changing everything, it's about making one small shift, and staying with it.

On days when you have more space, like weekends, or time off, this is where you can go a little deeper. You might journal longer, spend more time in movement, sit with meditation, or intentionally create moments of joy and rest. There's no right way to use this. Just come back to it when you need it, and take it **one seed at a time.**

WHAT A WEEK COULD LOOK LIKE

On the next page, you'll find a simple example of what a week could look like if you chose one practice, and returned to it daily with consistency.

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OPTIONAL WEEKLY FLOW (EXAMPLE: BUILDING CONSISTENCY)

This is an example of what it can look like to choose one practice and stay with it over time.

WEEKS 1–3:

One Practice, Every Day (Breathwork)
Focus on just one thing: returning to your breath.

Monday – Sunday

- *Pause and take 3–5 slow, intentional breaths*
- *Do this at least once a day (between classes, before a meeting, or at the end of your day)*
- *That's it. No adding, no overthinking—just consistency.*

WEEK 3-4:

Layering One More Practice, if you choose, OR stay with what you're doing in weeks 1-3. Continue your daily breathwork, and gently add one more practice.

Monday – Sunday

- *Pause + take 3–5 slow breaths*
- *Check in with yourself: What do I need right now?*

WEEK 5-8 (OPTIONAL):

Deepening the Practice
Continue both practices, and add a moment of joy.

Monday – Sunday

- *Pause + breathe*
- *Check in with yourself*
- *Choose one small moment of joy (music, laughter, something that feels like you)*

YOUR DAILY PRACTICE GUIDE EXAMPLE

Note: You don't need to use all of these. Choose **one** area to focus on and return to it **consistently**, until you're ready to layer on an additional practice.

RESET

Pause & Breathe

When everything feels like too much

Practices:

- Take 3–5 slow, intentional breaths between transitions
- Step away for 1–2 minutes (bathroom, hallway, outside)
- Close your eyes and soften your body

Meditation (guided support):
👉 Use HSP guided meditations

SETTLE

Come Back to Yourself

When you feel scattered or overwhelmed

Practices:

- Place one hand on your chest, one on your stomach
- Ask: What am I feeling right now?
- Name it without judgment

Journaling (to connect inward):

- Write freely for 3–5 minutes
- Try prompts like:
  - What do I need right now?
  - What has been weighing on me?
  - What am I avoiding or pushing through?

👉 Use guided journal prompts here: HSP Journal

CONNECT

You Are Not Alone

When you feel isolated or disconnected

Practices:

- Check in with a colleague (even briefly)
- Share one honest sentence: "Today feels…"
- Make eye contact, acknowledge someone, offer presence

Reminder:
Connection doesn't have to be deep, it just has to be real.

RESTORE

Return to What Gives You Life

When you feel drained

Practices:

- Do one small thing that brings you joy daily
- Revisit something you love (music, movement, laughter)

Movement (reconnect to your body):

- Walk outside for 10–20 minutes
- Stretch, yoga, Pilates
- Light movement, dancing, or jogging
- Anything that gets your body moving with intention

Joy + Music:

👉 Listen to the HSP "Feel Good" Playlist

MICROSHIFT REMINDER

These are not big changes happening all at once. They are small, intentional shifts done consistently, that reconnect you to yourself throughout your day. It's in doing one small thing, consistently, that leads to meaningful, lasting change over time.

What feels simple now can grow into something deeper, more grounded, and more sustainable later. You may already be doing some of these, this is simply an invitation to do them with intention.

CLOSING

You don't need a full reset to begin again. Just one pause. One breath. One moment of connection.

That's how change happens. One seed at a time.

STAY CONNECTED

Healing Schools Project
Healingschools.org
YouTube
Mighty Networks