



## 24-Hour Exit

*A gentle reset from overwhelm  
by She's the System*

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### What This Is

This isn't about productivity.  
You're not here to fix yourself.  
You're here to catch your breath.

If you're at your edge: mentally, emotionally, physically; this is your soft place to land.

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### 1. Let Go ~5 minutes

Find a quiet space, if you can.  
Place one hand on your chest, the other on your belly.

Inhale slowly through your nose. Feel your body rise.  
Exhale even slower through your mouth. Let it fall.

Repeat: Inhale for 4. Hold for 6. Exhale for 8.

And then say, softly:

**"I'm not broken. I'm overwhelmed. That's different."**

You might not believe it yet: say it anyway. Your body feels truth before your mind does.

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## 2. Ground Yourself - Write to let it out ~10–15 minutes

Pick one of these questions. No need to write everything—just start.

- What feels most unbearable right now?
- What do I secretly wish someone would say to me today?
- If I stopped pretending to be okay—what would I truly need?

Don't want to write? Whisper your answer, or let it land in your mind.  
Tearing up the page is allowed.  
No judgment. Just making space.

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## 3. Choose One Micro-Action ~10 minutes or less

Pick just one. That's all you need. Doing less is doing enough.

- Lie flat on the floor for five minutes.
- Open a window or step outside.
- Drink a glass of water. Slowly.
- Text someone: "I'm not okay today. Just wanted to say it."

Small acts signal to your brain: I'm still here. I'm still choosing.

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## 4. Interrupt the Loop ~10 minutes

When the mind spirals, return to sensation.  
Pattern interruption is not performance: it's protection.

Try one:

- Place your feet in cold water.
- Light a candle. Watch the flame. Nothing else.
- Stretch while exhaling with sound.
- Listen to instrumental music—no words, no thoughts.

This is how your nervous system learns: *Safety is a rhythm. Not a reward.*

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### 5. End the Day Differently (before sleep)

Tonight, let yourself finish the day before you fix the week.

Place this sentence where your eyes will find it: **"This was not a perfect day. It was a turning point."**

Say it once. Whisper it if needed. Let it close the door on survival mode.

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### You're Not Meant to Carry This Alone

This isn't about becoming your best self.

It's about staying with yourself, especially when you feel furthest from who you were.

At *She's the System*, we offer rhythm and language for the truth your body already knows. You can come back anytime. No fixing. No pressure. No performance.

Just return.