

Tienda  Hippie



STOP &
RECONNECT



**A 5-minute lifestyle mini
ritual to return to your
calm**

Before you begin

We live fast.

We think fast.

We move fast.

And without noticing, we
spend entire days without
truly stopping.

This small ritual is not meant
to change your life.

It's simply meant to give you
a moment.

A moment to breathe.
To slow down.

You deserve this moment.

Because when we pause for a few minutes to listen to ourselves and breathe, we don't lose our way — we see it more clearly and come back stronger.



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5-minute ritual

Find a **quiet** place.

It doesn't need to be perfect —
just **comfortable**.

If you can, accompany this
moment with one or more of
these elements:

- a candle
- incense
- a cup of tea
- soft music
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If not, silence is more than
enough. Don't stress about it.

Step 1

Sit somewhere **comfortable** —
or lie down if you prefer.

Put your phone aside and
silence it.

Step 2

Take 5 deep breaths:

- inhale for 4
- hold for 4
- exhale for 4
- stay empty for 4

If another number feels more natural, that's perfectly fine — just keep each phase equal.

No force. Just slow.

Step 3

Close your eyes for one minute.

Don't try to think less.

Simply **observe** your thoughts as if you were on a road and they were cars passing by.

Step 4

Ask yourself quietly:

**What do I need today to feel
better?**

Don't look for big answers.
One word is enough.

Step 5

Write that word down. It could be:

- calm
- order
- rest
- nature
- silence
- movement
- connection

**That alone is already
reconnecting.**

Daily mini habit

(1 minute)

Choose one small action to repeat daily at different moments:

- breathe deeply before sleeping
- light incense when you arrive home
- drink something warm without distractions
- open a window and pause for a moment
- step away from your phone

Small gestures create real change.

Remember

You don't need to escape the world to feel better.

Sometimes you just need to pause within it.

Reconnecting isn't about doing more.

It's about returning to simplicity.

If you want to create your moment of calm at home...

Surround yourself with
elements that help you slow
down:

- soft aromas
- pleasant textures
- warm light
- objects that bring you
calm
- gentle music or a moment
of silence

**Small details transform
spaces...**

**and how you feel inside
them.**