KindNova

7 Days of Emotional Wellbeing

FREE KINDNOVA MINI CHALLENGE



Seven gentle days of noticing, grounding, reducing pressure, and learning what actually supports you.

WELCOME

Seven Days, No Perfection Required

This is not a challenge to become calm all the time. It is a week of learning how to support yourself more intentionally.

How this works

Each day focuses on one small emotional wellbeing skill. Spend five to ten minutes with the page. If you miss a day, continue when you can - the value is in noticing, not maintaining a perfect streak.

- [ ] Day 1 - Notice what you feel
- [ ] Day 2 - Notice what your body needs
- [ ] Day 3 - Reduce the mental load
- [ ] Day 4 - Try one grounding tool
- [ ] Day 5 - Respond to worry differently
- [ ] Day 6 - Ask for or accept support
- [ ] Day 7 - Build your personal reset plan

“You are not behind. You are learning what helps.”

DAY 1

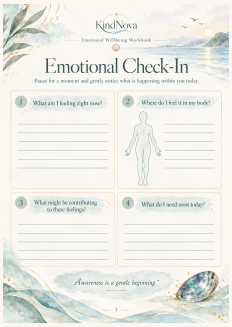
Notice What You Feel

Emotions become easier to work with when they are easier to name.

A little context

You do not need the perfect emotion word. Choose what feels closest. Mixed feelings are normal.

What am I feeling today?



What may be contributing?

What do I need most?

“A feeling is information, not a failure.”

DAY 2

Listen to Your Body

Your body often notices stress or depletion before your mind explains it.

A little context

Body awareness means noticing patterns, not analysing every sensation. Look for tension, tiredness, restlessness, heaviness or changes in your breathing.

What do I notice in my body?

What might it be asking for?

One supportive physical action

“Your body is allowed to ask for care.”

DAY 3

Reduce the Mental Load

A full mind can make ten small things feel like one giant problem.

A little context

Writing things down can create distance. You do not need to finish everything - you only need to see what needs you now and what can wait.

What is taking up space?

What actually needs attention today?

What can safely wait?

“Not everything deserves the same amount of energy.”

DAY 4

Come Back to the Present

Grounding gives your attention something real and immediate to rest on.

A little context

When your thoughts are racing, you do not have to argue with all of them. Try shifting attention toward what you can see, hear, touch, taste, or do right now.

What grounding tool will I try?



What did I notice afterwards?

Would I use it again?

“You only need one steady point to return to.”

DAY 5

Respond to Worry Differently

Worry can feel productive even when it is repeating the same question.

A little context

Planning usually ends with a next step. Worry often keeps asking for certainty. See whether this thought needs action or whether it needs permission to rest for now.

The worry on my mind

Is there a useful action?

If not, what can I leave for now?

“Not every thought needs solving tonight.”

DAY 6

Let Support Count

Support can be emotional, practical, social, or simply not doing something alone.

A little context

You do not need to wait until you are completely overwhelmed. Being specific can make it easier to ask for the kind of help you actually need.

Who feels safe to reach out to?

What kind of support would help?

A sentence I could use

“Letting someone support you is still you caring for yourself.”

DAY 7

Build Your Personal Reset

You have spent a week noticing what affects you and what helps.

A little context

A simple reset plan can make supportive choices easier to remember when your mind feels crowded.
Keep it realistic and personal.

My early signs



My quickest reset

The reminder I want to keep

“You can return to yourself one small choice at a time.”

REFLECTION

What Did This Week Teach Me?

Look for patterns, not a score.

How to reflect

The goal was not to feel good every day. The useful part is noticing what makes your emotional load heavier, what creates a little relief, and what you would like to keep practising.

What helped most?

What felt hardest?

What did I learn about myself?

What do I want to keep?

“Progress can look like noticing sooner, choosing differently, or recovering more gently.”

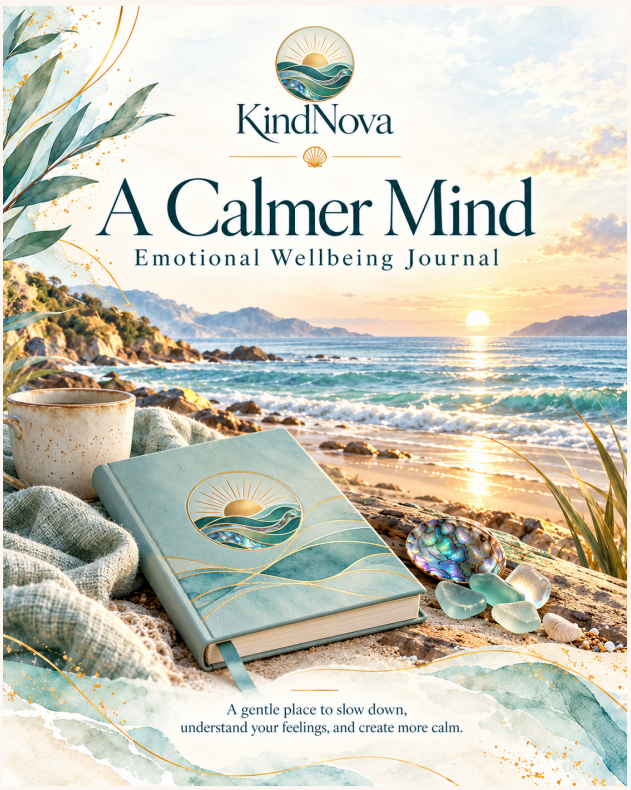
NEXT STEP

Keep Building What Supports You

If this week helped, you can continue with a deeper guided practice.

Go deeper when you are ready

A Calmer Mind is KindNova's 25-page Emotional Wellbeing Journal. It expands these ideas with deeper exercises on feelings, triggers, overwhelm, grounding, worry, self-talk, boundaries, rest, routines, support and your personal calm plan.



"You do not need to transform yourself overnight. You only need enough support for the next step."

KindNova provides general wellbeing and reflection resources and is not a substitute for professional care.