

PREVIEW



CALM WITHIN CHAOS

@BREATHANDGRACE-SCJOURNEYS

*Because your calm matters too.
Mindful self-care for autism parents:
affirmations, meditations & guided reflections.*

🌿 WELCOME TO CALM WITHIN CHAOS
A SELF-CARE COMPANION FOR AUTISM
CAREGIVERS

💛 *Dear Friend,*

*If you're reading this, it means you've been carrying a lot,
with grace, grit, and a love deeper than words.*

*You care endlessly. You adapt constantly. You show up daily.
And still, you wonder...*

When do I get to breathe?"

This is your invitation to pause.

To come home to yourself.

To find peace, even for a few minutes, in the middle of the mess.

This is not just a book—it's a gentle space to be human again.

To feel, reflect, breathe, and be held, too.

PREVIEW



WHY SELF-CARE MATTERS (ESPECIALLY FOR YOU)

As a caregiver, you are the anchor in your child's world.

But anchoring takes energy. It takes presence.

And presence starts with you being whole, not just hanging on.

Self-care is not selfish.

It's not indulgent.

It's sustainable love—for them, and for you.

Even five minutes of mindful breathing...

Even one kind affirmation...

Even one quiet moment of reflection...

can shift the entire day.

You don't need more pressure.

You need permission to be kind to yourself.

PREVIEW

WHAT'S INSIDE THIS EBOOK

This toolkit is here to support you with:

- ✓ *Daily Affirmations to shift your mindset gently*
- ✓ *Guided Meditations for breathwork, reflection, and emotional calm*
- ✓ *Printable Grounding Pages with breath prompts, movement, and journal space*
- ✓ *YouTube Access so you can listen or follow along, anytime you need it*

Use it when things feel heavy.

Use it when you feel lost.

Use it to reconnect with yourself and with your quiet strength.

 *Let this be your soft place to land.*

You are not alone.

You are not failing.

You are doing hard things beautifully.

And you deserve support, too.

With deep respect and care,

—The Calm Within Chaos Team

PREVIEW



GENTLE DAILY AFFIRMATIONS

SPEAK KINDLY TO YOURSELF, ONE DAY AT A TIME

Why Affirmations Matter

Affirmations are more than positive words—they're grounding truths. They help redirect your mind from overwhelm to presence, from guilt to grace, from exhaustion to quiet strength. As a mother or caregiver of a child with autism, your emotional resilience is constantly tested. These affirmations are here to hold you in the moments when you're holding everything else.

Use them:

First thing in the morning

In the middle of a hard moment

Right before bed

Or anytime you forget how much you're already doing

HOW TO USE THESE AFFIRMATIONS

Read them aloud—your nervous system responds to your voice

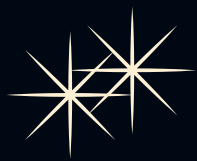
Write them down—in your planner, your mirror, or your heart

Repeat daily—consistency creates calm

Watch or listen on YouTube—soft background music + calming visuals

Use the printable cards—cut, carry, or display them wherever you need emotional anchoring





MORNING GROUNDING

*“Today I choose patience,
presence, and love.*

*I begin this day with grace
for myself and my child.*

*I am not here to be perfect
—only present.*

*I am capable
of facing what this day brings.*

*Even if things don't go as planned,
I will return to love.*

I breathe in strength.

I breathe out expectation.

I am ready.”



Watch this on YouTube:

[<https://youtu.be/a12HRA2mVls>]

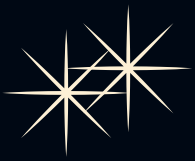


Printable Card: See appendix

Reflection:

What would a gentle, grace-filled morning look like for me?





MIDDAY RESET

*“This moment is for me.
I release the weight I’ve been carrying since the
morning.*



*I do not have to hold everything
all at once.*

*My worth is not measured by how much I do,
but by the love I give and the presence I offer.*

*I allow myself to pause,
to soften, and to begin again.
I am doing enough.”*



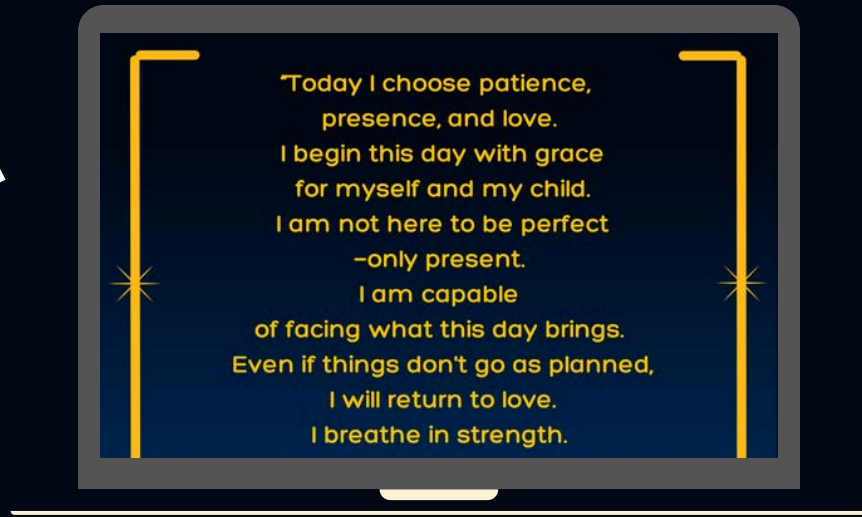
 **Watch this on YouTube:**
[\[https://youtu.be/a12HRA2mVls\]](https://youtu.be/a12HRA2mVls)

 **Printable Card:** See appendix

Reflection:

Where in my day can I give myself permission to pause?





HOW TO USE YOUR PRINTABLE AFFIRMATION CARDS

- *Cut and laminate them for durability*
- *Display in places you'll see daily (mirror, fridge, phone case, journal)*
- *Keep one in your bag as a mobile moment of calm*
- *Use them during your morning or evening self-care ritual*
- *Share one with a fellow mom who needs support*

👣 WHERE TO BEGIN

PREVIEW

Every meditation in this book includes:

- 🧭 *Simple step-by-step instructions*
- 🎧 *An easy YouTube link you can press and follow along*
- 📝 *A reflection prompt if you want to journal your thoughts afterward*

There is no right way to do this.

There is just your way—and every time you pause to care for yourself, it matters.

🌸 *You Are Not Alone*

Even if the house is noisy.

Even if your child is melting down.

Even if your thoughts are racing.

Your breath is always with you.

And with each inhale and exhale, you are creating space—for calm, for strength, for healing.

🌈 *Remember:*

- ✅ *You don't need experience*
- ✅ *You don't need silence*
- ✅ *You don't need more time—just this one moment*

Start where you are.

Pause when you need.

Come back to your breath anytime you forget how strong you already are.



PREVIEW

GUIDED MEDITATIONS FOR CALM & BALANCE

GENTLE AUDIO PRACTICES FOR
OVERWHELMED MOMENTS

Why Meditation Matters for Autism Caregivers

*Caring for a neurodivergent child can
bring both joy and exhaustion.*

*Meditation offers a way to reconnect
with your inner calm, even for just five
minutes. It's not about clearing your
mind completely—it's about giving
yourself a pause.*

*These meditations were created for
real moments in your day:
meltdowns, guilt spirals, bedtime
chaos, or simply when you forget to
breathe.*

*Whether you're alone or listening
with your child nearby, this section is
your soft landing space.*



PREVIEW

GROUNDING & MINDFULNESS PRACTICES

SIMPLE TOOLS TO HELP YOU RECENTER WHEN
LIFE FEELS TOO MUCH



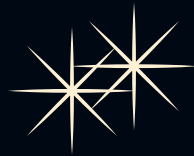
♥ Why Grounding Matters

Parenting a neurodivergent child often feels like being “on” all the time. Grounding practices are small, powerful tools to help you stay emotionally anchored—even during the chaos.

When you feel scattered, stressed, overstimulated, or on the verge of shutting down, grounding helps you return to your body, your breath, and the present moment.

*You don’t need fancy equipment or long stretches of time.
Just your breath, your awareness, and your willingness to pause.*

MINDFUL BREATHING TECHNIQUES



BREATHE IN CALM. BREATHE OUT STRESS.

1. Box Breathing (4-4-4-4)

Inhale for 4 seconds

Hold for 4 seconds

Exhale for 4 seconds

Hold for 4 seconds

Repeat 3-5 rounds



Use when:

You feel anxious, overstimulated, or need a reset before responding to your child.



2. Hand on Heart Breathing

Place one hand on your heart and one on your belly.

Breathe in through your nose for 3-4 seconds.

Exhale slowly through your mouth.

Say to yourself: "I am safe. I am here."



Use when:

You feel disconnected or emotionally drained. It's great before bed or after a long meltdown.

PRINTABLE GROUNDING PAGES

GENTLE SELF-REFLECTION TOOLS FOR AUTISM
CAREGIVERS



How to Use This Section:

These pages are your moment of pause. You can print them out, keep them in a journal, or use them as digital fillables.

There's no wrong way to complete them. Some days you may write one word. Some days, a whole page. These exercises are here to ground you—not pressure you.

Try:

-  *Using 1 page after a meditation*
-  *Tucking 1 in your bag or planner*
-  *Revisiting your favorites throughout the week*





REFLECTION PROMPT

“When and where can I consistently pause, just for me?”

“What small things bring me back to myself each day?”



Affirmation Builder

CREATE THE WORDS YOUR HEART NEEDS MOST.

Instructions:

Complete each sentence:

- I am _____
- I deserve _____
- I choose _____
- I let go of _____
- I invite in _____

Tip: Post this on your mirror or phone lock screen.



Grounding & Mindfulness Practices

Simple Tools to Recenter in the Middle of the Mess

Mindful Breathing *Techniques*



Box Breathing (4-4-4-4)

Inhale 4 sec → Hold 4 sec
Exhale 4 sec → Hold 4 sec
• Repeat 3-5 times

Use when: anxiety spikes, overstimulation, or reset needed



Hand-on-Heart Breathing

One hand on heart, one on belly
• Inhale deeply → Exhale slowly

Whisper: "I am safe. I am here."



Simple Mindful Movement



Shoulder Roll Reset

Lift, roll, drop shoulders
(5x forward, 5x backward)



Finger Tapping Calm

Thumb touches each finger:
"Peace. Love. Here. Now."



Anchor Breath

Focus on an object.
Inhale: "Inhale calm"
Exhale: "Exhale tension."

Use when: in public or exhausted



Grounding Step Walk

Take 5 slow steps.
Say with each step:
"I. Am. Here. Right. Now."



Peaceful Place

Visualize your happy place (beach, woods, cozy chair).
Imagine what you see, hear, smell, feel



Journal Prompts

What does feeling grounded look like for me?

What helped me feel more present today?

Which practice felt most comforting?



5-Minute Grounding Toolkit

For busy days, big feelings & overwhelmed moments



Breathe

- 4-4-4-4 Box Breathing
- Hand on Heart: "I am safe. I am here."



Move

- Shoulder Rolls x5
- Finger Taps: "Peace. Love. Here. Now."
- 5 Steps: "I. Am. Here. Right. Now."



Visualize

- Warm Blanket of Kindness
- Safe Tree with Deep Roots
- Peaceful Place You Love



Reminder: Even 1 breath, 1 step, or 1 word can reset your day.

Your Calm, Within Reach

Access on-the-go affirmations and meditations designed to bring peace to your pocket, created specifically for autism parents.



Pocket Calm

[Buy Now](#)

- ✓ 1-5 minute practices for busy moments
- ✓ Designed specifically for parents of kids with autism
- ✓ 10 guided meditations + affirmations
- ✓ Lifetime video access, anytime you need support

Calm Within Chaos companion app



Pocket Calm

Please log in to access your content.

Username

Password

Login

**Access
calming
audio
guides
anywhere
you are**

Calm Within Chaos

Mindful self-care for autism parents. Find your center in 1-5 minutes with these powerful affirmations and meditations.



Morning Grounding Affirmations

Breath & Grace - SC Journeys



Take this quiet moment just for you.

0:02 / 1:08



Morning Grounding

Category: Affirmations

Affirmations

Meditations

Morning Grounding

Helps you set a compassionate tone for the day.

Midday Reset

Designed to re-center you in the middle of busy or difficult days.

In The Chaos

Use this during high-stress or overstimulated moments.

Evening Reflection

Helps release guilt and prepare for restorative rest.

Thank you

You are enough.

You are loved.

You are doing the most
important work there is—loving
your child while remembering
to love yourself.

—The Calm Within Chaos
Team

READY TO GO DEEPER?

What you've just read is only the beginning.

If these affirmations brought you even a moment of peace, clarity, or exhale...

imagine what a full support toolkit could do for your nervous system — and your soul.

♥ The Calm Within Chaos Full Ebook Includes:

- ✓ 10 guided affirmation & meditations with reflection prompts
 - ✓ Printable grounding pages with breathwork, movement & visualization
 - ✓ Daily self-care check-ins designed for autism caregivers
 - ✓ Lifetime access to calming affirmation & meditation videos
 - ✓ Gentle, flexible guidance — at your pace, on your terms
-

You've spent so much energy holding it all together.

Let this toolkit hold you for once.

📖 Get the full ebook now and receive:

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 - ✨ Exclusive bonus: “Pocket Calms” emergency support audio
-

🛒 Buy now:

<https://checkout.xendit.co/od/calmwithinaos>

Or send an email to

✉ calmwithinaos@solcruzconnect.com for any questions, concerns or feedback.

Because your calm matters too.

Because support should feel like an exhale.

With love,

—The Calm Within Chaos Team
@BreathAndGrace—SCJourneys

