

# CALM FOR PARENTS

*A Gentle Reset for  
Overwhelmed Minds*



CREATED BY ANELLA HANSEN

Welcome to Your

# GENTLE RESET GUIDE FOR PARENTS

## *When Parenting Feels Overwhelming*

Parenting is one of the most meaningful roles in life, and at the same time one of the most demanding.

Many parents try their best every single day while carrying a constant inner pressure to stay calm, patient and emotionally present.

In reality, family life can be busy, noisy and overwhelming.

This guide was created as a gentle reminder that nothing is wrong with you if you sometimes feel tired, overstimulated or impatient.

Your nervous system may simply need a pause.



# A GENTLE RESET GUIDE FOR PARENTS

## *Children Sense the Emotional Atmosphere*

Children are very sensitive to the emotional atmosphere around them.

They often notice the emotional state of adults long before anything is said.

When a parent feels calm and grounded, children often feel safer and more relaxed.

When a parent becomes overwhelmed, children may react with restlessness or strong emotions.

This is not anyone's fault.

It is simply how human nervous systems interact.





# The One-Minute Reset

Pause for a moment.

Let your shoulders soften.

Take a slow breath in through your nose.

Then exhale slowly through your mouth.

Then exhale slowly through your mouth.

Allow the exhale to be slightly longer than the inhale.

Repeat this three times.

Even a short pause like this can help  
the nervous system calm down.



# SMALL PAUSES CAN CHANGE THE DAY

Many parents believe that calm requires long breaks or perfect conditions.

In reality, the nervous system often responds quickly to small moments of pause.

Three slow breaths.

A moment with closed eyes.

A short walk outside.

These small pauses can gently bring the body back toward balance.

# A SMALL REMINDER FROM MISS SOFIE

## *Safety Can Take Many Forms – Sometimes Four Small Paws*

Sometimes calm begins with the smallest companions.

When everything feels busy or overwhelming, pause for a moment and take three slow breaths.

Even the smallest pause can help your body settle.





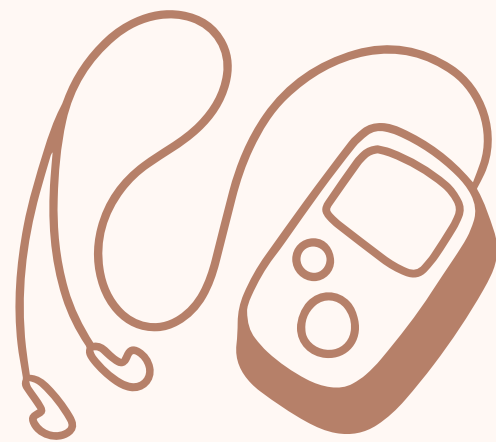
# A Gentle Reset for Parents

If you would like a guided moment of calm, you are very welcome to listen to the audio:

## ***Calm for Parents – A Gentle Reset***

*This short recording was created to help parents slow down, breathe and reconnect with calm during busy days.*

*Even a few minutes can make a meaningful difference.*





# YOU ARE ALREADY ENOUGH

You do not need to become a perfect parent.

Your children do not need perfection.

They need presence, warmth and connection.

Sometimes the most meaningful change begins with something very small:

Three slow breaths.

A moment with closed eyes.

A short walk outside.



# You Are Already Enough

## **Anella**

Clinical & Cognitive Hypnotherapist

Certified Mindful Motivation Therapist

I support adults, children and families in creating greater emotional balance and calm in everyday life through conversation, mindfulness and gentle hypnosis.





# Miss Sofie's Family Universe

In my work with families, a very special little companion often appears.

Miss Sofie, my Chihuahua, has inspired a gentle universe for children and parents built around calm, connection and emotional safety.

You can explore it here:

<https://www.instagram.com/misssofies.familyuniverse>

# About the Author of CALM FOR PARENTS

Anella Hansen is a Clinical Hypnotherapist and Certified Mindful Motivation Therapist.

She supports adults, parents, and families in creating more calm, balance, and emotional connection in everyday life. Through her gentle and practical approach, she helps people understand their inner world, strengthen their emotional resilience, and find simple ways to restore calm in the middle of busy lives.

This guide reflects her passion for making emotional wellbeing accessible and supportive — offering small insights and practical exercises that can help parents reconnect with calm, patience, and presence in their daily family life.