FREE MINI WORKBOOK

A STARTER PRACTICE

The *Return*

A guide to reset and return to alignment

PRACTICE ONE	PRACTICE TWO	PRACTICE THREE
Awareness	Regulation	Rhythm

By Jackie Valenzuela

THEHOLISTICMENTOR.COM

We'll go small, slow, and *honest.*

Body first. Then mind. Then movement.

Pushing harder isn't always the answer.

These simple practices invite you to notice your body's signals, create room to pause, and choose what you need next.

I wrote this for people who carry a lot. Maybe you're a real estate agent navigating other people's emergencies. Maybe you're successful on paper but disconnected from yourself. Wherever you are, this is a place to begin.

WHAT TO EXPECT

One prompt.	One practice.	One pattern check.

10 to 15 minutes a day. Three days to learn the practices. Then you keep going.

This is simply a place to begin.
Pause when needed. Return when ready.

Jackie Valenzuela
FOUNDER, THE HOLISTIC MENTOR

CONTENTS

What's *inside*

04 **Your Anchor**
Baseline check, simple set up

05 **Practice One: Ground & Release**
Morning grounding, energy awareness, evening shake practice
Start here if your quiz result was Ground, or you're feeling overwhelmed, reactive, or constantly on the move.

07 **Practice Two: Boundaries & Biofield**
Environmental audit, micro-shifts, boundary check-in
Start here if your quiz result was Boundaries, or you're carrying other people's expectations and struggling to say no.

10 **Practice Three: Rest & Recalibration**
Permission to rest, resistance awareness, receiving practice
Start here if your quiz result was Rest, or you're exhausted, disconnected, or finding it difficult to slow down.

12 **Signs You're Regulating**
Self-assessment and next steps

14 **Keep Going**
Understanding your nervous system, resources, and what's next

BEFORE WE BEGIN

Your *anchor*

Choose one non-negotiable to ground you.

Your nervous system learns by rhythm, not force. When everything feels loud or full of everyone else's energy, you need one thing your body can count on.

Small. Steady. Repeatable.

Practices that tell your body: "No matter what happens today, I'm showing up for you."

For the next three days, choose ONE anchor practice.

PICK ONE

- ☐ Breathwork: 5 minutes of low, slow breathing. Inhale 4, exhale 6.
- ☐ Feet on earth: 2 minutes barefoot outside. Feel the ground.
- ☐ Morning pages: 1 to 3 pages of unfiltered writing.
- ☐ Body scan: 5 minutes naming sensations without fixing.
- ☐ Movement: gentle stretch, yoga or a short walk.
- ☐ Creative micro: doodle, hum, take one photo, make something small.

The key: do this first.
Before phone. Before coffee. Before the day takes you.

My anchor practice is:

I commit to doing this for three days (and beyond if it serves me). Repetition helps build a steadier rhythm. If I miss a day, I begin again.

PRACTICE ONE: AWARENESS

Ground & *Release*

Today's focus: come back to your body.

MORNING, 5 MINUTES

Ground before you begin

Bare feet on the ground. One hand on heart, one on the belly. Eyes closed.

Breathe: inhale through the nose (4 counts), exhale through the mouth (6 counts). Repeat 3 times.

Ask: "What do you need today?" Listen. Don't fix. Just listen.

AFTERNOON, 2 MINUTES

Notice your activation

Pay attention to your day. When does your body tense or feel drained?

Ask: Is this mine or theirs? Where did I say yes when I meant no? Where did I absorb someone else's stress?

Write one line or voice note. Awareness first.

EVENING, 3 MINUTES

Shake & release

Sometimes stress lingers after the moment has passed.

Stand, feet hip-width apart. Bounce gently, then let it turn into a shake: hands, arms, legs. Let sound come out if it wants to.

Shake for 3 minutes, then stop and notice. Don't judge what comes up. Let it move.

Your nervous system just needs proof you are paying attention.

PRACTICE ONE

Reflection

JOURNAL PROMPT

What did my body say when I listened today?
What would change if I trusted that message?

SHADOW REFLECTION

Where did I try to earn rest by overdoing?

PROGRESS CHECK

Which anchor felt easiest today?
Where did I meet the most resistance?
One thing I'll do 10% smaller tomorrow

Repetition helps you build familiarity and steadiness.
Each small act tells your body: "I can be trusted."

PRACTICE TWO: REGULATION

Boundaries & *Biofield*

Today's focus: let your environment and energy protect your capacity.

MORNING, 5 MINUTES

Environmental audit

Walk your space. Notice what you feel, not what you think.

Ask: Does this space feel calming or chaotic? What stresses me when I look at it? What soothes me right away?

See it clearly. Don't fix yet.

PICK ONE MICRO-SHIFT

Do it daily

- ☐ Clear one surface and keep it clear
- ☐ Add something alive (plant, flowers)
- ☐ Remove one visible stressor
- ☐ Create a 5-minute sensory corner
- ☐ No phone for the first hour of your day
- ☐ Swap harsh light for a warm lamp

AFTERNOON, AFTER ANY DRAINING MOMENT

Biofield clearing

Step away: bathroom, outside, another room.

Shake your hands vigorously for 30 seconds. Then try a simple visualization: imagine excess energy draining through your feet into the earth, a way to mark the moment and come back to yourself.

Hand on heart, take 3 slow breaths. Say quietly: "That was theirs. This is mine."

Optional: rinse your wrists with cool water.

EVENING, 3 MINUTES

Boundary check-in

Recall one moment today when you felt tension around saying no.

Ask: What would have happened if I'd said no? What was I actually protecting by saying yes? What boundary would I set if I felt safer?

Write one line. Practice it out loud. Tomorrow, use it once.

You are creating more space in your body. Less reactivity.

PRACTICE TWO

Craving *care*

Quick reset for caffeine, tobacco and sugar.

Sometimes a craving is a signal that you're looking for relief, comfort, stimulation, or a change of pace.

2-MINUTE PROTOCOL

1. Name it: "I want _____ because I feel _____."
2. Breathe and sip: 3 slow breaths, drink water.
3. Move: 60 seconds shake or brisk walk.
4. Nourish: small protein bite if you haven't eaten.
5. Decide: if you still want it after 10 minutes, choose on purpose. No shame. Note the pattern.

HELPFUL MICRO-SWAPS

Caffeine: water first, anchor first, then coffee. Swap the second cup for half-caf or herbal.

Tobacco: delay 10 minutes, change location, rinse wrists, mint or toothpick.

Sugar: pair fruit with protein, cinnamon tea, brush teeth after meals.

WEEKLY EDGES

Make it easier on yourself

Keep triggers out of sight or in another room.

Eat regular meals so the body isn't solving hunger with stimulants.

Track one line a day: cue, choice, how I felt after.

Care note: this is support, not treatment. Get professional help if you want structured cessation.

PRACTICE TWO

Reflection

JOURNAL PROMPT

What energy did I pick up and can now put down?

SHADOW REFLECTION

Where do I still confuse boundaries with rejection?
What would one clear boundary look like tomorrow?

PROGRESS CHECK

Did my anchor feel different today?
How did the boundary micro-shift land?
Where did boundaries feel hardest? What surprised me?

Your biofield is yours to protect. Saying no to them is saying yes to you.
Clarity is kind. Consistency is protection.

PRACTICE THREE: RHYTHM

Rest & *Recalibration*

Today's focus: teach your body that rest is safe. Rest is not a reward.

MORNING, 10 MINUTES

Rest before you're depleted

Phone away. Sit or lie down. Do nothing. Eyes soft. Breath low and slow.

If guilt shows up, notice it and keep resting.

Doing nothing is doing something.

AFTERNOON, 2 MINUTES

Notice the resistance

Ask and write one line:

Why does rest feel risky? What am I afraid will happen if I stop? What would it mean about me if I rested?

EVENING

Permission to receive

Tonight, let someone help you or ask for a small assist.

When it comes, say "thank you" without deflecting or explaining.

Notice any discomfort. That is information, not a stop sign.

BEFORE BED

Seal it

Hands on heart. Say:

"My worth is not tied to my productivity. I am allowed to rest. I am safe when I rest."

Three long exhales. Let it land.

When your energy evens out, decisions get simpler.

PRACTICE THREE

Reflection

JOURNAL PROMPT

If rest felt safe, I would...

SHADOW REFLECTION

Where do I still make rest conditional to output?

PROGRESS CHECK

Am I still doing my anchor practice? Did I rest today without guilt?
Where did the resistance show up?
What felt different across all three days?

Rest is recalibration.
Rest gives your body room to recover.

SELF-ASSESSMENT

Signs you're *regulating*

After three days, you might notice:

- ☐ Breathing drops lower without trying
- ☐ Pausing before reacting
- ☐ Feeling your feelings without numbing
- ☐ Choosing rest without guilt
- ☐ Jaw softening, shoulders lowering
- ☐ Sleep coming easier
- ☐ Catching tension before it becomes pain
- ☐ Noticing people-pleasing in real time
- ☐ Saying no without over-explaining
- ☐ Knowing what's yours and what is not
- ☐ Needing less caffeine to function

This is progress.

Regulation isn't never getting activated. It is noticing sooner, responding differently, and returning to yourself quicker.

WHAT YOU'RE TEACHING YOUR BODY

It is safe to feel.

That rest is not weakness.

That your needs matter.

That you can come back to yourself.

THE RETURN

Checkpoint

You've learned the three practices. Choose what continues.

KEEP

One practice I will keep for 7 more days:

RELEASE

One pattern I'm putting down:

BOUNDARIES

One sentence I will use next time:

REST

Where I will pause tomorrow, on purpose:

Promise to my body

Small and steady. No proving. I return when I drift.

NEXT STEPS

- [ ] Run the three practices again next week
- [ ] Keep my anchor daily for 7 days
- [ ] Take the Nervous System Quiz again in a week. Your state changes.
- [ ] Keep exploring The Holistic Mentor for more reflections and practical resources.

For the ones who feel *everything*

Some people notice everything.

The shift in someone's voice. The tension in a room. The conversation that changes the moment you walk in.

If you work with people, you may recognize this immediately. A client sounds different on the phone. A colleague says everything is fine, but their behavior tells another story. At home, you notice everyone's mood before you've even checked in with your own.

Sometimes that awareness is useful. Sometimes it's exhausting.

Psychologist Elaine Aron has written extensively about sensory processing sensitivity, a trait associated with deeper processing of stimulation. But noticing other people's emotions, being intuitive, or feeling overwhelmed doesn't automatically mean you're highly sensitive.

You don't need a label to begin noticing your patterns.

SPOT THE PATTERN: CHECK ALL THAT LAND

- ☐ I feel the room before I see it
- ☐ Crowds or loud places drain me fast
- ☐ I say yes while my body says no
- ☐ My jaw or shoulders tense around others' stress
- ☐ I know what someone needs before they ask
- ☐ I take on other people's moods
- ☐ I need alone time to come back to center
- ☐ I freeze or fawn during conflict
- ☐ I've been called "too sensitive"
- ☐ I feel guilty choosing myself

NOTICE WHAT RESONATES

This is a reflection, not a test or diagnosis. If these experiences feel familiar, try the Practice Two tools and notice what supports you.

One line to keep: "Is this mine or theirs?"

One practice to keep: anchor first, then one small boundary daily.

WHAT YOU JUST PRACTICED, IN PLAIN LANGUAGE

Nervous system *quick map*

SYMPATHETIC

Mobilization

Helps your body respond to challenges and demands.

PARASYMPATHETIC

Rest and recovery

Supports functions such as digestion, restoration, and settling.

Two other stress responses come up often: freeze, when you stall and go still, and fawning (therapist Pete Walker's term), pleasing and appeasing to stay safe. These are common ways to describe stress, not a complete scientific classification of the nervous system.

WHEN YOU'RE DYSREGULATED

What it can look like

You might find yourself constantly scanning for the next emergency, bracing your body, people-pleasing under pressure, over-planning, numbing out, or struggling to actually rest when the day is over.

The one most professionals miss: urgency. Treating every call, text, and deadline as an emergency.

WHAT REGULATION TEACHES YOUR BODY

Three messages

Grounding: "I am safe in my body."

Boundaries: "I can protect my energy."

Rest: "Safety isn't earned."

IF YOU FEEL EVERYTHING

You may notice more stimulation, emotion, or tension around you.

Not a flaw. Sorting signal from noise is the work.

Keep this:

Repetition, not force. Small and steady. Then decide.

KEEP GOING

What's *next*

This starter opened the door. Choose one way to continue.

DEEPEN THE PRACTICE

The Return (book)

Coming soon. Inside: awareness, regulation, rhythm, boundaries, interoception, release, money and the nervous system, co-regulation, design your rhythm.

THEHOLISTICMENTOR.COM

KEEP READING

The blog

Essays on inner work and building a life.

THEHOLISTICMENTOR.COM/BLOG

LISTEN WHILE YOU MOVE

Raw Love Podcast

Conversations on healing, embodiment, and conscious living. Explore available episodes.

RAW LOVE PODCAST ON SPOTIFY

FOR REAL ESTATE AGENTS

Become the Local Expert

My 12-week course for new and newer agents. The business work and the inside work, together.

JACKIEV.SIMPLERO.COM/BECOME-THE-LOCAL-EXPERT

This workbook is for education and reflection. It is not medical or psychological treatment. Sources: Cleveland Clinic, "Autonomic Nervous System" and "Parasympathetic Nervous System"; Pete Walker, "Codependency, Trauma and the Fawn Response" (2003); Elaine Aron, "The Highly Sensitive Person" (1996).

ABOUT JACKIE

Jackie *Valenzuela*



I'm Jackie Valenzuela. I'm a California real estate broker, a writer, and a mentor. Having suffered early age trauma, then building a real estate career since 2005 and surviving the 2008 crash, I had a high tolerance for chaos. Eventually, my body demanded a different way to work. Ayurveda, somatics, and nervous system regulation gave me the practical tools to stay steady without burning out. Today, I teach business strategy and nervous system health as one unified practice.

WHAT THIS PRACTICE IS FOR

Four outcomes

Clear decisions without the cortisol spike

Boundaries that don't require a speech

Work that scales without costing your health

Rest as strategy, not reward

WHERE TO FIND ME

Keep in touch

The Return (book): a guide for the body that remembered too much

Become the Local Expert: my course for new real estate agents

The blog at theholisticmentor.com

Raw Love Podcast

Instagram and LinkedIn: @theholisticmentor

Background

California real estate broker, DRE #01474478. In real estate since 2005, 300+ transactions.

6.5 years mentoring new agents at a national brokerage.

Ayurveda Wellness Educator, 200-hour yoga instructor, Reiki Master Practitioner.