

INFINITE HEALING



YOU BELONG HERE

The October Sleep & Calm Reset

*One small focus each week — before the
season asks for everything else*

A FREE GUIDE FROM INFINITE
HEALING

Sleep · Stress · Habits · The Sanctuary

WEEK ONE

Sleep Foundations

Before anything else, your body needs a steady rhythm to rest against. This week is about building that rhythm — nothing dramatic, just consistency.

- ☐ Set a consistent wake time — even on weekends. It's the anchor point for your whole circadian rhythm.
- ☐ Dim the lights an hour before bed. Swap overhead lighting for a lamp or candle.
- ☐ Cut caffeine after noon — even the afternoon cup lingers longer than you'd think.
- ☐ No screens in the last 30 minutes. Try reading, stretching, or quiet instead.
- ☐ Build a simple wind-down ritual — herbal tea, a warm shower, a few quiet minutes. Write
- ☐ tomorrow's to-do list before bed. Get it out of your head and onto paper.

WEEK TWO

Calming the Stress Side

Sleep and stress feed each other — you can't fully fix one without the other. This week adds a few ways to calm your body, not just your schedule.

- ☐ Try a 5-minute sensory reset before bed — dim lights, near-silence, just notice what you feel.
- ☐ Give yourself a screen-free wind-down from the news and social feeds in the evening.
- ☐ Try a short journaling prompt — one honest sentence about how the day actually felt.
- ☐ A warm bath or shower with Epsom salt can genuinely support your body's calming response.
- ☐ If you can, book a PEMF or Infrared Sauna session this week — a physical reset, not just a mental one.
- ☐ Notice one moment today when stress showed up in your body — no need to fix it, just notice.

WEEK THREE

Habit Stacking

You don't need five new habits — you need one or two that actually stick. This week is about building on what's already working.

- ☐ Pick one habit from Weeks 1 or 2 that's sticking, and stack it onto something you already do daily.
- ☐ Protect 20 minutes in your calendar this week — block it, defend it, treat it as real.
- ☐ Try one warm, nourishing evening meal — something that signals to your body the day is winding down.
- ☐ Reduce one small decision this week — plan outfits, meals, or your schedule a day ahead.
- ☐ Consider a monthly Sanctuary visit as one of your standing habits, not just an occasional treat.
- ☐ Reflect: which single habit from this month do you want to keep past October?

WEEK FOUR

Nourishment, Not Restriction

Food is quietly part of the same stress-sleep loop we've been working with all month. This isn't about rules — it's about giving food back a little of the intention rest has been getting.

- ☐ Try one warm, grounding meal in the evening this week — soup, roasted vegetables, something that feels settling.
- ☐ Pair something steady (a little protein or fiber) with whatever's fastest on your busiest night.
- ☐ Swap one late coffee or evening scroll-snack for herbal tea as part of your wind-down.
- ☐ Sit down for at least one meal or snack this week, even if it's brief.
- ☐ Notice one moment when food felt like nourishment rather than something to just get through.
- ☐ Curious about more personalized guidance? Our in-house dietitian is a great resource — no pressure, just an option.

WEEK FIVE

Carrying It Into the Holidays

The season is about to ask more of you. This week is about deciding, now, what you're bringing forward — and what you're leaving behind.

- ☐ Identify one boundary you want to hold this holiday season — write it down while it's still quiet.
- ☐ Pre-book one appointment that's just for you before the calendar fills up.
- ☐ Look back over the month — keep the 2–3 habits that genuinely helped, let the rest go.
- ☐ Write down one thing you're proud of from this reset, however small.
- ☐ Consider a Sanctuary visit or subscription as a gift to yourself heading into the season.
- ☐ Take a moment to actually acknowledge: you followed through on something for yourself this month.

However the Month Went, You Showed Up for Yourself

There's no perfect version of this reset — only the version you actually did.
Whichever habits stuck, that's real progress worth carrying forward.

If you're ready for a deeper reset than a checklist alone can give you, we'd
love to welcome you into the Sanctuary.

Book Your Sanctuary Visit

We can't wait to welcome you into the Sanctuary.

INFINITE HEALING
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