

The Whole Human Method

Daily Practice — Tier 1 library

Daily Practice One-Sheet

Four free written practices that rotate day to day. Each one takes a few minutes: read, reflect, do one small thing, and log it. Guided audio is on the way.

Daily Stoic

A public-domain Stoic passage with a modern framing that brings you back to the present moment.

Reflection: What's one thing you can let go of today?

Action: Pick one small task. Just one. Do that.

Polyvagal Reset

Three minutes of signaling safety to your nervous system — breath, voice, and orientation.

Reflection: What's your nervous system telling you right now?

Action: One round: longer exhale than inhale, low hum, slow eye movement.

Body-Scan Practice

Twelve minutes of moving attention through your body from toes to head. Just noticing.

Reflection: Where in your body are you holding tension right now?

Action: Lie down for 5 minutes. Notice, don't fix.

Parts Check-In

Notice a part of you that showed up today and get curious about it. Most parts are trying to help.

Reflection: What part of you has been loud today? What is it protecting you from?

Action: Set a 3-minute timer. Ask that part what it wants you to know.

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Sleep content reflects BRPT Sleep Educator scope: sleep hygiene, sleep behavior change, and sleep disorder awareness. Not for diagnosing or treating sleep disorders. AAA Learning Institute is an Oregon-licensed school for psilocybin facilitator training — not a medical provider.

If you are in crisis, contact 988 Suicide & Crisis Lifeline (call or text 988) or your nearest emergency room.

Educational content. Not medical, psychological, or religious advice.