

PRELUDE AT HOME

The 7-Day Listening Reset

A screen-free ritual for a calmer mind

Seven days. Twenty minutes a day. Listen, colour, reflect.

Designed by a UK HCPC-registered music and arts therapist

WELCOME

How to use this journal

Find twenty quiet minutes. Put your phone on Do Not Disturb, open today's playlist, and press play. Listen once with your eyes closed. Press play again and colour, letting the music choose your pace and your colours. When the music ends, answer the prompts. There is no right way to do this.

Each day you'll find

A listening guide and a playlist button · a colouring page drawn to match the music · three gentle prompts with space to write.

This is a creative wellbeing product, not a medical or therapy service. Music plays through free streaming apps; no music files are included.

DAY 1 · LISTENING GUIDE

Arrive

Erik Satie

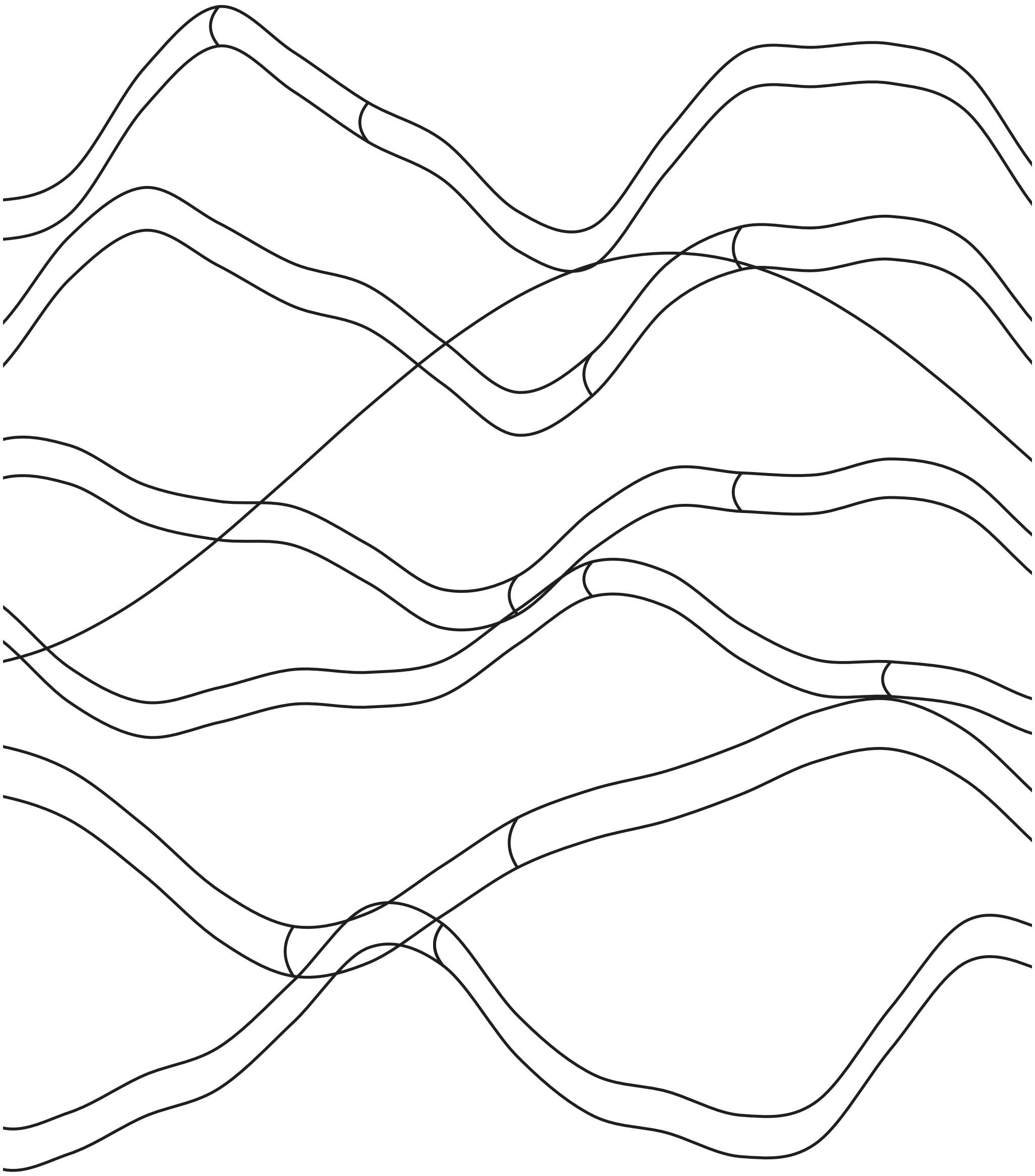
Gymnopédie No. 1

Play on Spotify | Apple Music

Notice how slowly this piece moves, as if it's in no hurry at all. The left hand rocks gently, like breathing. Let your shoulders drop with each low note. You have nowhere else to be.

TODAY'S PAGE

Long, flowing lines like ribbons, with plenty of open space.



DAY 1 · REFLECT

Arrive

1. How am I really feeling today, in three words?

2. What am I carrying that I could put down for twenty minutes?

3. What do I hope to feel by Day 7?

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Begin again, any time

Thank you for giving yourself seven days. If this ritual helped you slow down, you can share it with someone who needs twenty quiet minutes too.

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