

The Arrival Kit

By TP ©

(A small token from your Team TP for till you choose to reach out)

We're so glad you found your way here!

We know that life doesn't always give you time to pause, breathe, or sort things out — so we created a space that does; whether you're feeling overwhelmed, fuzzy, stuck, or simply in need of a reset.

Porchville under Tranquil Porch [TP], India's first and only virtual town, is the space that is made for exactly such moments.

And if you're still wondering whether this is for you — let this little tool-kit help you feel it for yourself.

Self-Soothe Techniques:

a. Breathing Technique: 'Ladder Breath'

- Inhale halfway and pause, then inhale a bit more to fill your lungs fully.
- Hold for 2 seconds.
- Exhale slowly in one long breath.
- Repeat 3–5 times.

This helps regulate breath rhythm and signals safety to your body.

b. Grounding Technique: 'Object Anchoring'

- Pick up any nearby object (pen, mug, stone, etc.).
- Focus entirely on its texture, weight, color, shape, and temperature.
- Describe it silently in your mind as if you're explaining it to someone blindfolded.

Let the object pull your attention into the now.

c. Visualisation Technique:

- Grab a book or a sheet of paper.
- Take a pen, pencil, or anything nearby.
- Now, draw the shape of **how you feel today**.
- Not what you're feeling - but **what it would look like if it were a shape**.

There are no wrong answers. Just let your hand follow your feeling - soft, sharp, tangled, tiny, scattered, bold - however it wants to show up.

You can finally add a word beside your shape if you'd like - or let the drawing speak for itself!

Affirmation Cards (Pick What Lands Today):

- ✨ My presence is enough.
- ✨ A small pause can be a powerful act and I can do it.
- ✨ Even small steps toward myself are worth honoring.
- ✨ I trust myself to get through this.
- ✨ Even this moment is part of something unfolding.
- ✨ I deserve to take as much space as required- physically and emotionally.

Before you go - A Personal Close ~

This space isn't about being ready.

It isn't about breakthroughs or deep dives.

It's about giving yourself permission to pause, no matter how small the moment.

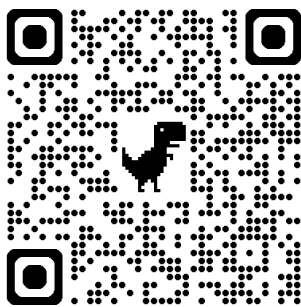
You're welcome here as you are — no pressure, no prep needed.

Take your time. And when you're ready, we'll be here.

Remember, It's your place to be free

To simplify your entry

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Stay Strong,

With love and care

Your Team TP 💕

Your place to be free

contact@tranquilporch.com