

Calm *in* the Chaos

A 3-DAY WORKBOOK
HOSPITALITY REVIVAL

DAY 1: AWARENESS

Journaling prompts:

- My top 3 stressors...
- The difference between control vs. surrender

DAY 2: BREATHE & RECENTER

Reset practices:

- Box breathing
- Tension release
- Hand-washing ritual

DAY 3: REFRAME & RITUAL

Breathe. Reset. One day at a time.
You are not alone. — Angie



Calm in the Chaos

A 3-Day Reset Workbook for Hospitality Workers

Mind • Body • Soul



Day 1: Awareness

Goal: Recognize burnout, anxiety, or stress.

- Take the Self-Check Quiz
- Journaling Prompt: *What are my top 3 triggers?*
- Exercise: Name your top 3 stressors in the workplace.



Burnout Recognition Questions

Energy Check: Do I wake up feeling rested, or do I still feel drained no matter how much I sleep?

Focus & Motivation: Am I finding it hard to concentrate or care about tasks that used to matter to me?

Emotional Load: Am I feeling more irritable, numb, or detached from people and situations I usually value?

Body Signals: Have I noticed frequent headaches, stomach issues, muscle tension, or unexplained fatigue?

Work vs. Self: Do I feel like my identity and worth are only tied to my work, with little energy left for myself?

Recovery Ability: When I take a day off or try to rest, do I actually feel restored — or still exhausted and anxious?

Common Stressors (Circle Any That Apply)

- Long hours / double shifts
- Lack of sleep
- Financial pressure
- Feeling underappreciated
- High guest demands
- Conflicts with coworkers or managers
- Physical exhaustion (aches, pains, tension)
- No time for family or friends
- Skipping meals / poor nutrition
- Feeling replaceable or unseen
- Unclear expectations at work
- Back-to-back busy shifts
- Dealing with rude or aggressive guests
- Lack of breaks during shifts
- Constant noise and overstimulation
- Pressure to perform perfectly
- Emotional exhaustion / compassion fatigue
- Lack of creative outlet
- Missing important life events due to work
- Feeling disconnected from purpose

Here's a breakdown you can include directly beneath your **Common Stressors Checklist** in the workbook or podcast handout. It helps participants self-assess based on how many stressors they've circled:

Stress Level Breakdown

Circle any stressors that apply to you. Then count how many you've marked and check your result below.

| | | |
|-----|--------------------------------|--|
| 3–5 | You're stressed. | Time to pause and reflect. Use grounding tools from Day 2 and journal about your top triggers. |
| 5–8 | You're heading toward burnout. | Prioritize rest, boundaries, and connection. Consider talking to a mentor or wellness ambassador. |
| 8+ | You're toast. | You're likely in burnout. You need recovery, not just resilience. Use all three days of this reset and reach out for support. You are not alone. |

You can follow this with a gentle reminder:

This isn't a diagnosis—it's a mirror. The goal isn't to judge yourself, but to care for yourself. Revival starts with awareness.

“Independence comes from you knowing who you are and you being happy with yourself.”

— Beyoncé Knowles

Control vs. Surrender

Control is the attempt to shape outcomes, often driven by fear or the need for certainty. Surrender, on the other hand, is the courageous act of trusting the process—of releasing the grip and allowing space for flow, healing, and unexpected grace. One tightens; the other opens

Control

- Trying to manage every outcome
- Feeling tense and rigid
- Reacting from fear or pressure
- Believing “It’s all on me”
- Resisting change or imperfection
- Exhaustion from carrying too much

Surrender

- Accepting what you can’t change in the moment
- Staying grounded and flexible
- Responding with presence instead of panic
- Trusting support systems (team, community, faith)
- Allowing imperfection as part of the process
- Finding peace in letting go

Prompt for workbook/journaling:

- ***Where in my life am I holding on too tightly to control?***
- ---

- **What is one thing I can surrender today to find more peace?**
- ---

-



Day 2 – Breath & Body Reset

Theme: Grounding yourself in the middle of service.

When chaos rises, your body holds the tension. Resetting your breath and body helps your mind find calm, even for just a moment. To truly ground yourself in chaos, you must return to the body—feel your feet on the floor, your breath in your chest, and remind yourself that while the storm may rage around you, your center is always within reach. Becoming better isn't about perfection- It's about choosing growth over comfort, again and again, even when it's hard.

- ***It's a quiet, fierce reminder that growth in this industry—and in life—is often forged through years of unseen labor, resilience, and self-discovery.***

✨ Mini Practices (5 minutes or less)

1. Box Breathing (4-4-4-4)

- Inhale for 4 counts
- Hold for 4 counts
- Exhale for 4 counts
- Hold for 4 counts
- Repeat 3–4 cycles

2. Hand-Washing Ritual

- As you wash your hands, imagine rinsing away stress and chaos.
- Visualize peace and clarity flowing back into you.

3. Shoulder & Jaw Release

- Roll your shoulders back 3 times, forward 3 times.
- Open and gently release your jaw, letting tension go



Journaling Prompt

- **“What shifts in me when I pause, breathe, and reset?”**

- _____
- _____
- _____
- _____

- **Write 2–3 sentences after practicing one of the resets**

- _____
- _____
- _____




Reflection Exercise

- **Notice: What's within my control at this moment?**

Release: What can I surrender to find peace?

Day 3: Reframe & Ritual

Goal: Replace panic with grounding and create closure.

-  Reframe: Replace panic thoughts with grounding statements
-  Ritual: Design your own shift-ending ritual
-  Commitment: *I will practice calm in the chaos by...*

Theme: Building small anchors in the chaos.

When life feels overwhelming, reframing your thoughts and creating rituals helps you steady yourself. Rituals are small, intentional acts that give you a sense of control and meaning, even in a chaotic environment.

✨ Key Practices**1. Reframe Your Thoughts**

Notice when panic or negativity shows up.

- “I can’t do this.” → “I can take one thing at a time.”
- “Everything is on me.” → “I can ask for help and lean on my team.”
- “I have to be perfect.” → “Progress is enough.”

2. Create a Ritual

Anchor yourself with something simple you do at the start or end of your shift.

- Write down one thing you’re grateful for.
- Put on a playlist that shifts your mood.
- Take 3 deep breaths before stepping into the kitchen/dining room.
- End with a hand-washing ritual: let the day go.

3. Commit for 3 Days

Choose one ritual. Write it down. Try it consistently for the next 3 days. Notice how your body and mind respond.

Journaling Prompt

“What is one ritual I can create at the start or end of my shift?”

Write it out. Imagine how it could feel if you practiced it every day for a week.

Rituals don't have to be big or perfect — they just need to be consistent.

What matters is the pause, the intention, and the reminder that you are more than the chaos.

 **Closing Revival Remarks :**

“You are not alone. *Hospitality Revival* is with you.”

This workbook is a tool for restoration—use it, share it, and return to it whenever you need a reset.

 **Stay Connected**

Thank you for taking part in the *Calm in the Chaos* 3-Day Reset. Your journey matters—and we're honored to walk it with you.

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Let's build a movement rooted in truth, healing, and joy—one shift at a time.