

Retreat YOURSELF



A GUIDE FOR MOMS
SEEKING SOLITUDE



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ENOUGH MOM PODCAST



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What to Expect

Practical tools and gentle permission to step away,
recharge, and return as your best self.

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Hey Friend,

The fact that you downloaded this tells me something about you: you know you need more than you've been giving yourself, and you're brave enough to admit it.

That's not a small thing!

This guide won't ask you to overhaul your life. It will ask you to take yourself seriously enough to step away (even briefly, even imperfectly) and let that be enough.

You are worth the retreat. Now let's plan one.

With love,

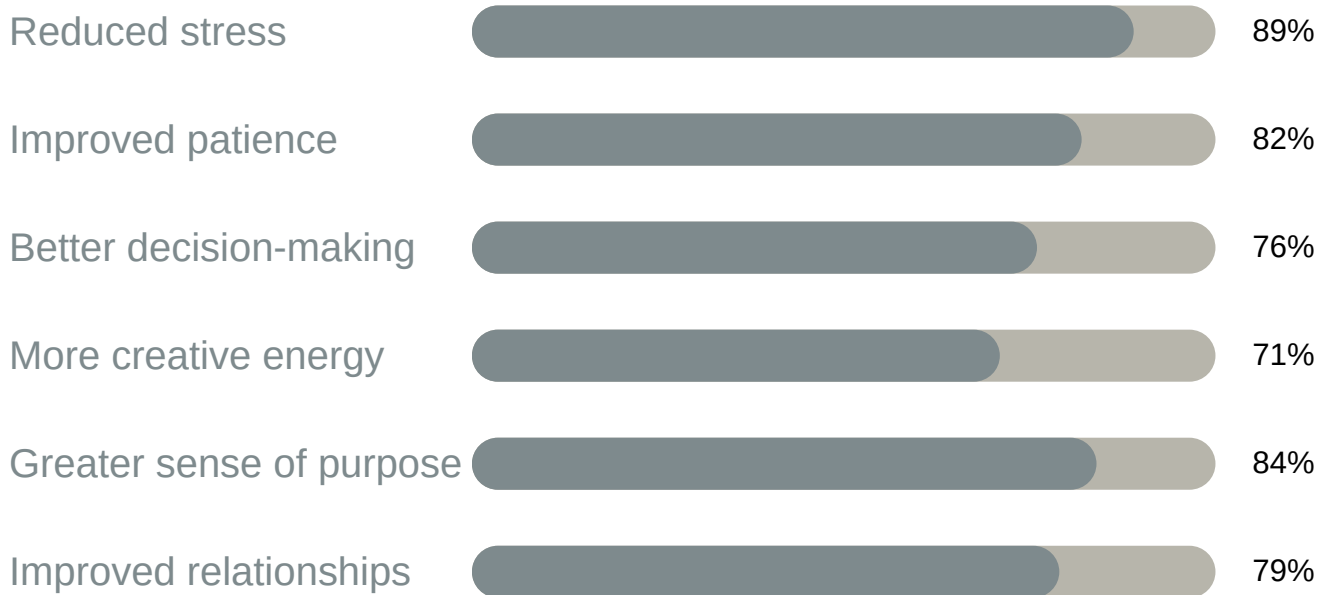


CHAPTER 1

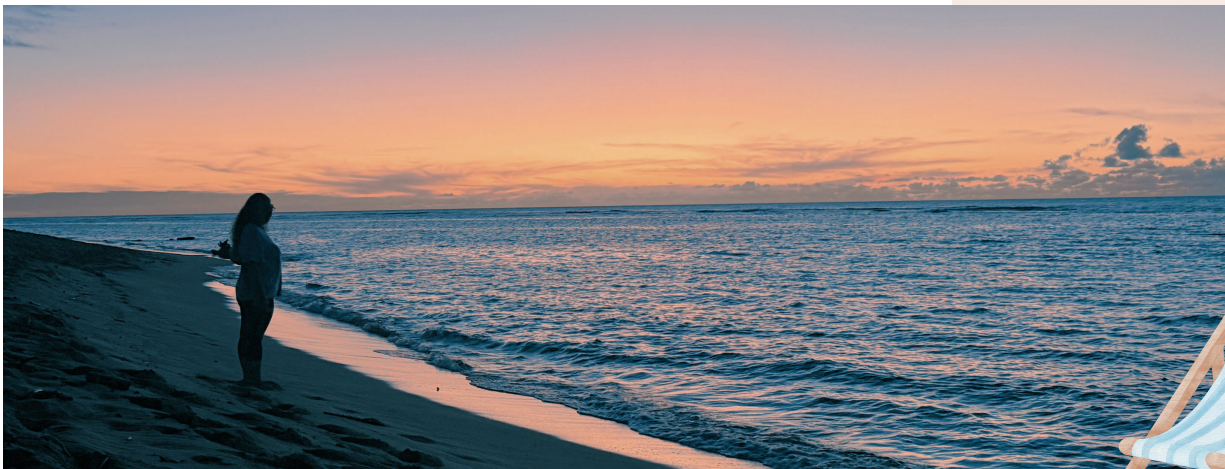
The Power of Stepping Away

Solitude isn't selfish — it's a survival skill. When you retreat, everyone around you benefits from a more present, grounded, and joyful you.

Research consistently shows that intentional time alone produces measurable improvements in mental and emotional health. Here's what moms report after regular retreats:



*Based on self-reported outcomes from women who practice regular personal retreats.



Why Get Away?

Rest is not a luxury. Rest is necessary to refill ourselves from the natural outpouring of our lives. Here are four reminders as you plan any type of retreat:



1

You Can't Pour From an Empty Cup

Chronic depletion dulls your patience, creativity, and joy. Retreating regularly tops up your emotional reserves.

2

Distance Creates Clarity

Stepping back from daily demands creates the mental space needed for better decisions and fresh perspective.

3

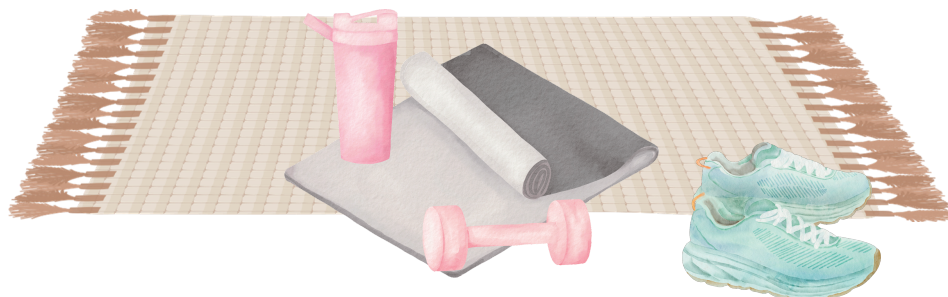
Your Kids Are Watching

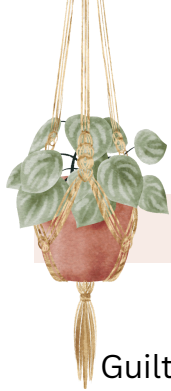
When children see you model self-care, you teach them that their own needs are valid and worth honoring.

4

Rest is productive

The insights, creativity, and renewed energy you gain during solitude make you more effective — not less.





CHAPTER 2

Let Go of the Guilt

Guilt is the #1 barrier moms name when it comes to taking time for themselves.
Let's reframe it.

REPLACE THIS THOUGHT...

...WITH THIS TRUTH

"I should be with my family."

"My family gets a better me
when I'm rested."

"I'm being irresponsible."

"Planning ahead shows I
care deeply."

"I don't deserve a break."

"You are worthy of rest.
Full stop."

"It's too expensive or
complicated."

"A retreat can happen in my
own backyard."

Taking time to retreat is not an act of selfishness — it's a fundamental step in nurturing your spirit and enhancing your ability to care for those you love.



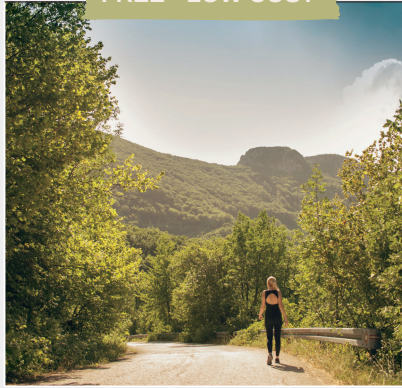
CHAPTER 3

Find Your Retreat Style

There's no single right way to retreat.

Choose what fits your budget, season of life, and what your soul is craving most right now.

FREE - LOW COST



Nature Retreat

FREE



At-Home Sanctuary

LOW - MID COST



Community Retreat

FREE



Digital Detox

MID COST



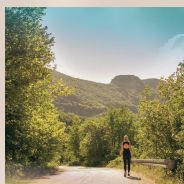
Local Getaway

INVESTMENT



Hosted Retreat

Choose Your Retreat



NATURE RETREAT

Step into the natural world — a park, trail, beach, or forest. Nature reduces cortisol and restores focus without a single item on a to-do list.



AT-HOME SANCTUARY

Transform a corner of your home. Soft music, no notifications, a journal, and permission to simply be. Often the most accessible retreat of all.



COMMUNITY RETREAT

Gather with other moms who get it. Share costs, stories, and support. Connection amplifies the restoration of solitude.



DIGITAL DETOX

Unplug fully — no phone, no social media, no notifications. Even a few hours off-screen restores mental clarity and creative energy.



LOCAL GETAWAY

A nearby cabin, B&B, or state park cabin. Short travel, real distance from routine. Sleeping somewhere unfamiliar resets the nervous system.



HOSTED RETREAT

Arrive and be held by someone else's planning. Curriculum, community, meals, and space all provided so you can truly let go and receive.

QUICK START: Not sure where to begin? Start with just two hours at home: phone off, cozy space, journal and tea. Even the smallest act of intentional solitude shifts something.

CHAPTER 4

Your Retreat Schedule

A retreat doesn't need a rigid agenda — but a gentle rhythm helps you actually rest instead of just sitting with your to-do list.

SAMPLE HALF-DAY RETREAT



RETREAT RHYTHM BY FREQUENCY

Daily micro-retreat

15–30 min. Morning quiet, a mindful walk, phone-free breakfast. The minimum dose.

Weekly solo morning

2–4 hours. A café, a trail, your living room before anyone wakes up. Protect this fiercely.

Monthly day retreat

A full day away. Can be budget-friendly. The shift you'll feel is disproportionate to the time.

Quarterly overnight+

The full reset. A hosted retreat, a getaway with other moms, or time completely alone.

Nature & The Great Unplug

Why nature works

The Japanese practice of shinrin-yoku (forest bathing) demonstrates that just 20 minutes in a natural setting lowers cortisol, reduces blood pressure, and improves mood. You don't need a forest — any greenery will do.



Ocean & Water



Calms the nervous system

Forests



Reduces anxiety, boosts immunity

Gardens



Restorative attention, & grounding

Mountains



Perspective, awe, clarity

The Digital Detox Protocol

The average person checks their phone 96 times a day. Each check fragments attention and elevates stress hormones. A planned detox breaks the cycle.



1 Set a clear start + end time

Ambiguity invites anxiety. "Phone off from 9am–3pm Saturday" is a plan.

2 Tell someone you trust

Leaves an emergency contact and removes the FOMO pull of being "reachable."

3 Have analog activities ready

Journal, a physical book, art supplies. Boredom is the gateway to the good stuff.

4 Expect the discomfort

The first hour is hard. By hour three, you'll wonder why you don't do this every week.

CHAPTER 6

Practices that Deepen



These three practices transform a break into a genuine retreat — whether you have two hours or two days.

Journaling

Put pen to paper without editing. Let whatever surfaces, surface.

Prompts to try

- "What do I truly want for myself?"
- "What have I been ignoring?"
- "Who am I outside of 'mom'?"

Mindfulness

You don't need meditation experience. You just need five minutes and a breath.

Entry points

- 4-7-8 breathing technique
- Body scan lying down (10 min)
- Mindful walking (phone away)

Nourishment

How you eat on retreat matters. Slow down, sit down, and taste your food.

Retreat food rules

- No screens while eating
- Prepare something you love
- Herbal tea as ritual, not habit

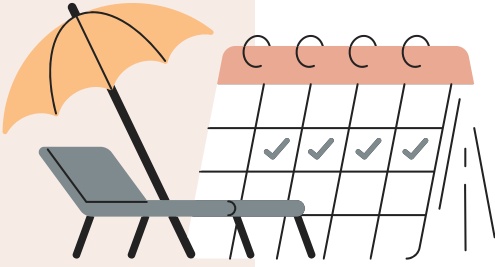
Connection

Make a point to interact with someone, an animal or any living thing in nature. Even brief contact can bring us out of ourselves for perspective shift.

Idea

Go for a walk and say hi to people, or pet a safe animal

Make Retreating a Regular Practice



Committing to retreats as a self-care process must begin with a secure mindset. Communicate with your family about the importance of your time away, and prepare them for your temporary absence. Create a culture that rest is expected, not earned.

Talk with your family first

"I feel most present with you when I've had time to recharge. I'm going to take **[time]** for a retreat on **[date]**. Here's how we'll make sure everything is covered while I'm away."

Give your workplace a heads up

"I will be taking time off to recharge. I will be out **[time]** for a retreat from **[dates]**. Here's how I will make sure the job or project is covered while I'm away. I can function much better at work when I take time for myself."

The Annual Retreat Calendar

Assess your time for each quarter of the year

Q1	Q2	Q3	Q4
JAN-MAR	APR-JUN	JUL-SEP	OCT-DEC
DAILY RHYTHM	RESET	DAILY RHYTHM	DEEP RENEWAL
Weekly solo mornings	Full day retreat + overnight	Weekly solo mornings	Hosted retreat week or weekend

*Order might change depending on available hosted retreats. Use this chart as a planning template.

CHAPTER 8

After Your Retreat

The gift of a retreat extends far beyond the hours you spent away — if you capture and carry what emerged.

- ☐ Write one sentence: how do you feel right now?
- ☐ Name one insight you'll carry back to daily life.
- ☐ Pick one small practice to bring into your week.
- ☐ Book or block time for your next retreat — right now, while the desire is fresh.



*You are not selfish
for wanting and
needing rest*

Invest your time back into yourself and see what wonderful things come from taking on a different rhythm. Your nervous system will thank you.

YOU'VE READ THE GUIDE. NOW LIVE IT.

Experience a Retreat in Hawaii

Jennifer Bryant hosts intimate, beachfront retreats on the island of Oahu designed for women who are ready to stop running on empty and start living from a place of **courage**, **confidence**, and **calling**.

- Curated curriculum, community, nourishing meals, and space to breathe.
- Beachfront setting on the North Shore of Oahu
- Small group — deeply personal experience
- Full curriculum: Courage, Confidence & Calling
- Meals, materials, and facilitation included
- Community that continues long after you leave



Ready to Retreat Yourself?

Head to the link below to check out the retreat page, see what's coming, and get on the list so you're the first to know when applications open and new retreat offerings are announced.

Your next retreat might be closer than you think.



Jennifer-Bryant.com/retreats