

Softness

Breathe. Focus. Soften.

Gentle Stress Deep-Dive Practice Plan

A printable companion for your Softness deep-dive assessment.
Reflection only - not a medical diagnosis.

Take the check-in: <https://softness.ai/checkin>

This PDF: <https://softness.ai/downloads/softness-deep-dive-practice-plan.pdf>

How to use this plan

1. Take the Gentle Stress Deep-Dive on Softness (Check-in).
2. Note your band: Low (0-12), Mild (13-24), or Elevated (25-45).
3. Follow the matching practice plan below for several days.
4. Revisit Softness meditations and journal when you need a reset.

Important: Softness is a wellness tool. This screen is for reflection only; it does not diagnose anxiety, depression, or any medical condition. If you are in crisis in the US, call or text 988. For emergencies, call 911.

The 15 reflective prompts

Over the last 2 weeks, how often have you been bothered by the following?

Scale: 0 Not at all | 1 Several days | 2 More than half the days | 3 Nearly every day

1. Feeling nervous, anxious, or on edge
2. Not being able to stop or control worrying
3. Worrying too much about different things
4. Trouble relaxing
5. Being so restless that it is hard to sit still
6. Becoming easily annoyed or irritable
7. Feeling afraid as if something awful might happen
8. Feeling tension in the body (shoulders, jaw, stomach)
9. Difficulty concentrating because of worry
10. Trouble falling or staying asleep because of stress
11. Feeling overwhelmed by daily tasks or decisions
12. Feeling socially drained or wanting to withdraw
13. Low energy or feeling worn down by stress
14. A sense of dread about the day ahead
15. Racing thoughts that make it hard to settle

Your practice plans by band

Low (score 0-12)

Your responses suggest a relatively gentle level of recent stress. A light practice plan can help you keep that softness.

- Day 1 - Breath Anchor (5 min) softness.ai/meditations
- Day 2 - Three-Minute Reset + one kind journal note
- This week - A short walk outside, phone away
- Optional - Soft teachings on stress & rest [/teachings](https://softness.ai/teachings)

Mild (score 13-24)

Your responses suggest mild elevation across worry, body, or energy. A short multi-day practice plan may help.

- Day 1 - Anxiety Softener meditation
- Day 2 - Soft Body Scan
- Day 3 - Journal what feels heavy (Manifestation)
- This week - Two 10-minute walks without your phone
- Optional - Soft teachings on stress & rest

Elevated (score 25-45)

Your responses suggest elevated stress across several areas. Please be gentle with yourself - and consider reaching out to a clinician or counselor.

- Day 1 - Anxiety Softener + Breath Anchor
- Day 2 - Soft Body Scan (lie down if you can)
- Day 3 - Write freely what feels heavy
- This week - Fresh air daily + talk with someone you trust
- Also - Consider a clinician or counselor if this persists
- Optional - Soft teachings on stress & rest

Quick links

Home - <https://softness.ai/>

Deep-dive check-in - <https://softness.ai/checkin>

Meditations - <https://softness.ai/meditations>

Manifestation journal - <https://softness.ai/manifestation>

Membership - <https://softness.ai/pricing>

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