

Solo Survival Starter Kit

A gentle, supportive guide for your heart and home after a breakup or divorce
By Alex — Founder of The Solo Nest

Guidance & Practical Tools

A Gentle Companion for Your First Steps Alone

Hey friend,

If you're reading this, you're likely going through one of the hardest transitions life throws our way — and I just want you to know that you're not alone.

I created The Solo Nest to be the soft landing I once needed, and I'm so glad you've found your way here. This isn't a flashy "fix your life fast" kind of guide. It's slow, steady, and centered in compassion.

This kit is about meeting you exactly where you are and offering small but powerful tools to help you breathe, settle, and begin again — at your own pace.

You've got this — and I've got your back.

Warmly,
Alex
The Solo Nest

Making Your Space Feel Safe Again

In the aftermath of a breakup or major life change, the space around you can suddenly feel unfamiliar. It may feel like a shadow of what it once was, or maybe just eerily quiet. That's okay. You don't have to overhaul everything — but small shifts can go a long way in helping you feel grounded.

Start with creating a cozy corner. Pick a chair or a spot on the couch, add a soft blanket, and adjust the lighting to be warm and calming. Turn on a playlist that speaks to your soul — not one that makes you ache, but one that gently holds you. Let one warm meal a day become a ritual — something simple, like soup or toast. It doesn't need to be fancy, just nourishing.

Give yourself the gift of scent — maybe a lavender candle, peppermint lotion, or your favorite tea brewing nearby. And most importantly, know who your people are. Even if it's a text group, an online space, or just one safe friend — lean in when you need to.

Creating a Simple, Grounded Daily Routine

Some days feel endless. Others, you blink and wonder where the time went. Establishing a soft routine can help. Not a strict schedule — just anchors that remind your body and mind that you're safe and cared for.

In the morning, try to make your bed and open a window, even just a crack. Breathe in some fresh air and drink a glass of water. In the midday, move your body a little — a walk, a stretch, or even just swaying to music — and eat something, even if it's simple. In the evening, reflect gently: write down three small things you did or noticed that you're proud of. And at night, unplug. Step away from screens and create space for rest.

[Click here for a printable simple daily calm routine](#)

Easing Financial Stress with a Simple Budget

Finances can feel especially heavy when you're suddenly on your own. But the goal isn't perfection — it's awareness and control over the things you can manage. Start by listing your essential expenses: rent, utilities, groceries. Then include transportation, personal care, and if possible, a small emergency buffer.

This worksheet isn't about guilt. It's about clarity — knowing what's coming in and what's going out. That knowledge is power, and it can give you the space to breathe again.

[Click here for a printable simple budget worksheet](#)

Quick, Comforting Meals for One

When you're low on energy, decision fatigue can make even the thought of cooking feel overwhelming. That's why it helps to have go-to “no-think” meals — ones that are warm, easy, and comforting:

- Grilled cheese & tomato soup
- Peanut butter toast + banana
- Scrambled eggs with toast
- Instant ramen with frozen veggies
- Frozen pizza + side salad
- Smoothie with oats + frozen fruit
- Rice + beans
- Tuna melt
- Mac & cheese + steamed broccoli
- Oatmeal with cinnamon & honey

Make a list, post it on your fridge, and take the pressure off. Fed is best.

Words to Keep You Going

On the hardest days, the right words can be a lifeline. That's why I created a small collection of printable encouragement cards. These are reminders you can tuck into your mirror, stick to your wall, or keep in your wallet:

- "You're doing better than you think."
- "One breath at a time."
- "This moment will pass."
- "You are allowed to rest."
- "You don't have to have it all together."

[Click here for simple printable cards that you can cut and attach around your home](#)

When Everything Feels Too Heavy

Some moments just crash into you. Suddenly, your body is tight, your breath is short, and the world feels like too much. When that happens, don't panic — just reach for your emergency toolkit:

Start with the 5-4-3-2-1 grounding trick: name five things you can see, four you can touch, three you can hear, two you can smell, and one you can taste. It helps you come back into the present.

Grab an ice cube and hold it in your hand — it can shock your system just enough to interrupt the overwhelm. Call or text someone, or reach out to a helpline. Write down what you need right now — even if it's "I need to cry." And find something soft — a pillow, a stuffed animal, a blanket — to hold onto while you breathe.

Then repeat: "I'm safe right now. This feeling will pass."

You're not alone in this. Not now, not ever. This kit is here for your quiet mornings, your messy afternoons, and your heavy nights. Use what you need, skip what you don't, and take everything at your own pace.

With warmth and support,

Alex

The Solo Nest

Real-Life Reflections from the Journey

A Gentle Guide for Your Heart and Home

You're Not Broken – You're Just in the Storm

If you've found your way here, you're probably in one of those raw, in-between moments. The kind of moments where everything feels a little too quiet, a little too heavy; like the pieces of your life haven't quite settled into place yet.

I've been there too. After my last breakup, I remember staring at the dinner table set for two and wondering why the silence hurt so much; sleeping on one side of the bed, out of habit; and grocery shopping like I was still cooking for someone else. I wasn't just grieving a relationship. I was grieving a rhythm, a routine, and a shared life. It was messy.

This guide isn't here to fix you, rush you, or tell you that you need to 'glow up' or 'bounce back.' It's here to help you start gently, hold space and whisper, 'You're doing better than you think.'

Five Gentle Ways to Feel Safe Again

1. Drink something warm. Slowly.

There's something grounding about wrapping your hands around a warm mug. It reminds your body that you're present, safe, and still here. Pick something easy (tea, coffee, warm lemon water) and take your time. No multitasking. Just sip.

2. Wrap yourself in something soft.

Grab the coziest blanket you own – like a hoodie or freshly washed towel from the dryer that smells like home. It doesn't need to be fancy, just something soft and yours. That layer of comfort is more than physical. It's protection for a tender heart.

3. Turn down the noise.

The world can be loud, especially when your insides already feel chaotic. Give yourself permission to mute the TV, pause the podcast, and let the silence hold you. Put on something soothing, soft music, nature sounds, or your favorite calming playlist. Your nervous system will thank you.

4. Write down three small wins.

Healing doesn't look like Instagram quotes. Sometimes it looks like 'I got out of bed' or 'I folded one shirt.' Write down three things you did today – no matter how small. These are the breadcrumbs that prove you're moving forward even when it doesn't feel like it.

5. Give yourself permission to do less.

No one gets bonus points for pretending they're okay. Cancel the call. Delay the dishes. Your only job today is to care for yourself like you matter – because you do.

Comfort Items That Helped Me Feel Human Again

Soft Lighting

Overhead lights felt harsh. I switched to lamps with bulbs that allowed me to adjust the color and brightness. It made my apartment feel more like a hug than a hospital. A little glow goes a long way.

A Calming Scent

I bought an inexpensive essential oil diffuser and started using lavender or peppermint in the evenings. It became a signal to my brain: 'You can rest now.'

Something to Read That Doesn't Fix You

I gave up on self-help books for a while. Instead, I re-read a novel that made me smile and a journal I'd forgotten about. Sometimes the best medicine is something familiar, not something that tells you to do more.

A No-Think Meal

Scrambled eggs, grilled cheese, instant soup – something easy, warm, and good enough. It wasn't about being healthy, it was about being fed. That was enough.

A Weighted Blanket (or Just a Really Soft One)

When the nights felt long and I felt small, that blanket gave me something to curl into. Something to press against my chest. Something that reminded me I was still here.

Just One More Thing...

You don't have to be okay yet.

You don't have to have a plan.

Just keep waking up and choosing yourself again.

This is not the end of your story.

It's just the part where you build something new, something yours. In fact, it can be the beginning of a totally new story – the one where you write chapters more intentionally.

And you don't have to do it alone.

I'm working on more resources, cozy suggestions, and encouragement for this journey.

When you're ready, there will be gentle ways to stay connected.

Until then, take care of yourself with the same softness you'd offer a close friend.

You are worthy of peace, comfort, and the next chapter.

Alex

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