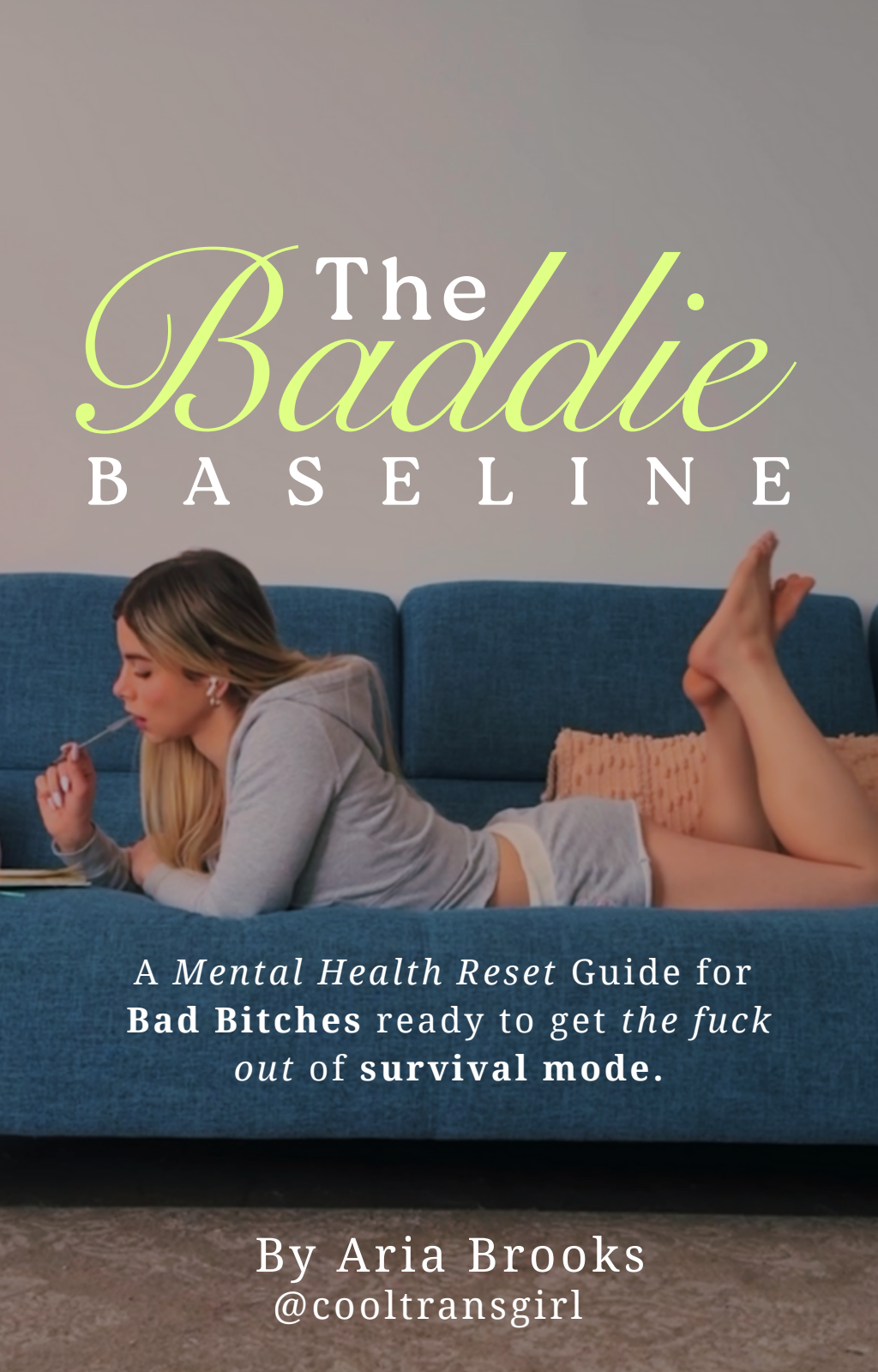




The *Baddie* B A S E L I N E

*A Mental Health Reset Guide for
Bad Bitches ready to get the fuck
out of survival mode.*

By Aria Brooks
@cooltransgirl



Hey Baddie!

For so long, I found myself living in one of two volatile states: **anxious** or **depressed**. You might lean more toward one than the other but both are symptoms of an *imbalanced nervous system*.

When we're constantly stressed or shut down, those primitive responses that were *meant to keep us safe* hijack our **baseline** and trap us in **survival mode**.

Your baseline should feel **calm, grounded, and emotionally regulated**. But the more pressure piles up, the harder it is to hold onto that state and it can feel fleeting, even *impossible*.

That's why I created the **Baddie Baseline**: to share the exact tools that help me center and ground myself when my thoughts spiral and my nervous system feels out of control.

Please keep in mind that this ebook is not a substitute for therapy or medication. If your mental health is seriously impacting your daily life, please reach out to a professional.

With that being said, by the end of this guide you'll learn how to return to your Baddie Baseline in three easy steps.

XOXO,
Aria

Survival Mode

Okay before we get into the **Baddie Baseline** we first need to determine if you're in *survival mode*.

Please mentally *check the boxes that apply to you*.

Self Assessment Checklist

- ☐ Do *social interactions* leave you **drained** instead of energized?
- ☐ Do you feel **wired but exhausted**, like your *brain won't shut tf up*?
- ☐ Do you lose **hours doomscrolling**, then hate *yourself* for it?
- ☐ Do you forget to eat until you're **starving...** then **binge whatever's closest**?
- ☐ Does your **body stay tense** even when you're "**resting**" (shoulders, jaw, forehead)?
- ☐ Do you constantly **drag yourself** (or others) in your own head?
- ☐ Do you **start 10 glow-up routines** and **quit** them all by Friday?
- ☐ Do you have a tendency to **isolate from the dolls**?
- ☐ Do you get **overwhelmed** from your *to do list* and **shut down**?
- ☐ Do you feel **unsafe slowing down**, like *rest = failure*?

Baseline Diagnosis

0-2 Yeses → Baseline Baddie 🇺🇸

You've still got access to your baseline. Keep protecting it with daily rituals (see Page 10). Think of this as maintenance mode stay consistent, diva.

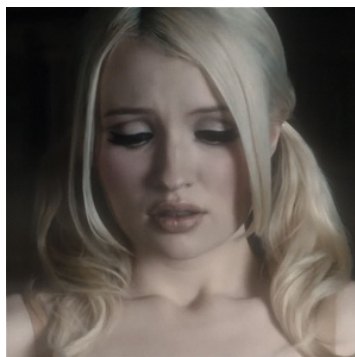
3-4 Yeses → Survival Creeping In ☹️

You're slipping into survival patterns. Time to reset before the spiral takes over completely. Don't wait until you're fried, the tools in this guide will pull you back down to earth.

5+ Yeses → BOTCHED Baseline 🇺🇸

Diva, your baseline is snatched... **BALD**. You're running on survival mode 24/7. **URGENT RESET REQUIRED**- but don't panic lol. This guide is literally your post-op recovery plan.

Baddie Check In



1.) **Survival mode feels like _____ in my body.** → (jaw tension, racing thoughts, numbness, etc.)

2.) **I usually spiral when _____.** → (scrolling at night, after socializing, when I'm stressed at work, etc.)

3.) **My reset signal is _____.** → (when I snap at people, when I forget to eat, when I can't focus, etc.)

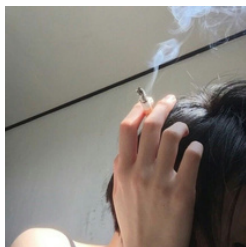
Nervous System 101

Your baseline is showing diva

Survival mode doesn't look the same for everyone- and it doesn't even look the same for you all the time. When your baseline gets hijacked, your nervous system usually flips into one of two extremes: wired and anxious, or numb and shut down.

Knowing which state you're in is the first step to getting your power back. Because once you can name it, you can fix it.

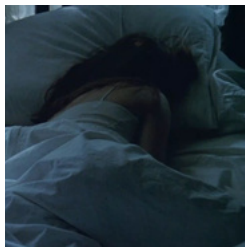
Upregulated (Anxious, Wired, Overthinking)



Looks/Feels Like:

Like you just downed three iced coffees- jaw clenched, mind racing, replaying convos, panicking, and trying to do everything at once.

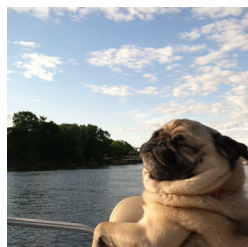
Downregulated (Numb, Frozen, Shut Down)



Looks/Feels Like:

Total Eeyore vibes- ghosting the girls, doomscrolling till 3am, no energy to cook, clean, or even shower.

Regulated (Neutral, Calm, Peaceful)



Looks/Feels Like:

Your shoulders drop, breath is steady, and life feels doable. You text back, eat something nourishing, and actually feel present. This is your **Baddie Baseline**.

Here's the gag...

- Some divas stay mostly on one side of the spectrum.
- Some swing back and forth like a pendulum.
- And sometimes? You can be wired and tired at the same time.

Either way, the point isn't to shame yourself- it's to clock which state you're in so you know which tools to reach for.

Because here's the truth: what calms you when you're anxious won't always work when you're numb (more on that on page 9)

On the next page, I'll walk you through the **Baseline Reconstructive Surgery**- the three-step process to bring you back from either extreme,

Baseline Reconstructive Surgery

*Your 3 Step Reset
Framework*



Now that you know where your baseline's at, it's time for surgery. Don't panic — no scalpels involved. Just three simple steps to take you from frazzled and fried → calm, grounded, and glowing.

Think of this as your post-op plan for nervous system regulation. Whether you're spiraling with anxiety or stuck in a numb shutdown, these steps will help you reset and return to your Baddie Baseline.

2. Disrupt the Pattern

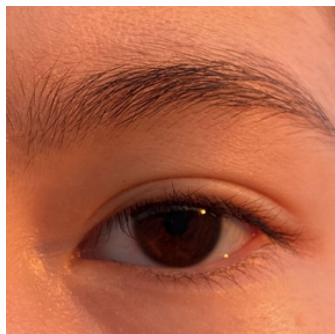


Do one small thing that interrupts the loop- anything that shocks your brain into "wait, we're safe."

Your Post Op Plan...

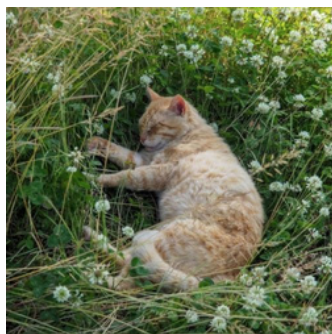
On the next pages, we'll break down each step with practical tools + rituals you can actually use to rebuild your baseline.

1. Notice the Spiral

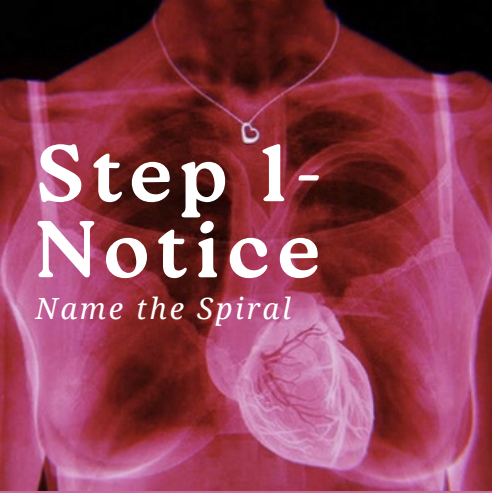


Catch yourself in survival mode before autopilot takes over. Awareness lowers intensity and gives you back control.

3. Regulate the Nervous System



Anchor yourself with a ritual that signals safety. Think: hot girl walks, skincare + affirmations, or calling a trusted doll.



Step 1- Notice

Name the Spiral

Your body knows what's tea before your brain does. Survival mode shows up or your mind is racing like it just had a cold brew and a bump of coke.

Noticing means catching yourself in the act and naming what's happening. When you call it out, you start to take your power back.

Quick ways to Notice:

- **Body Scan Meditation**- close your eyes and scan yourself head to toe, notice where your body holds tension
- **Mirror Check**- unclench your jaw, drop your shoulders, unfurrow your brow.
- **Write it out**- sometimes I don't know what I'm feeling until I do a brain dump. Write your stream of consciousness and see what it reveals
- **Ask Yourself Directly**: "Am I anxious, shut down, or somewhere in between?"

Why it works:

When you name what's happening, you interrupt whatever negative feedback loop you're stuck in.

Awareness lowers intensity and gives you back a sense of control.

Reflection:

"How is survival mode manifesting in my body right now?"

Baddie Mantra:

"I see the spiral, I decide what happens next."



Journal

Survival mode in my body feels like _____. → (ex: jaw tension, racing thoughts, numbness, fatigue)

When I notice this, I usually _____.
→ (ex: doomscroll, isolate, overwork, binge snacks)



Step 2- Disrupt

Break the Pattern



Spirals feed on autopilot. Left unchecked, your nervous system will drag you through the same doomscroll, self-doubt, stress-snack routine.

Disrupting = sending a bold signal: “Not today.” It’s slamming the brakes on the spiral and switching tracks to a new vibe — just enough to snap you out of survival mode and remind your brain who’s in charge (hint: you, diva).

Quick Ways to Disrupt:

- **Queen Out** – Blast something cunty like Chase Icon then shake some ass, vogue, or even do jumping jacks.
- **Change Your Outfit** – Swap sweats for jeans, throw on lipstick, or just put on shoes. Your body gets the memo: new vibe activated.
- **Cold Water Shock** – Ten seconds of icy water in the shower, splash on your face, or even holding ice to your wrists = nervous system wake-up call.
- **Move Your Body** – Walk to the corner, stretch, or dance to one song. Doesn’t have to be a marathon, just movement = momentum.

Why it works:

Survival mode loves repetition — same thoughts, same patterns. When you shift your state (physically or mentally), you break the feedback loop that keeps you stuck. Small disruption = big ripple.

Reflection:

“What’s the easiest thing I can do to break this cycle?”



Baddie Mantra:

“I’m strong enough to break the loop”



Journal

- The fastest way I can disrupt my spiral is _____. → (ex: cold water, outfit change, one-song dance break)
- I notice I stay stuck the longest when I forget to _____. → (ex: breathe, move, text a friend)

Step 3- Regulate

*Aka return to your
Baddie Baseline*

You've noticed the spiral. You've disrupted the autopilot. Now it's time to actually land back in your body. Regulation is about sending your nervous system proof that you're safe — not just thinking it, but feeling it. The goal isn't perfection. The goal is baseline: calm, grounded, and ready to glow.

Cunty ways to Regulate:

- Hot Girl Walks – Movement plus sunshine = a nervous system reset. Strut like you own the block.
- Healing with Music – Meditation playlists calm anxiety, pop bangers raise energy if you're flatlined. Pick your medicine.
- Skincare & Mirror Work – Light a candle, slow down your routine, look yourself in the eyes. Say the affirmation out loud: "I am safe in my body, I am a bad bitch."
- Call a Baddie – Isolation feeds survival mode. Connection heals. Even a 5-minute check-in lowers stress hormones and raises oxytocin.

Why it works:

Your nervous system doesn't regulate by logic — it regulates by signals of safety. Breath, movement, touch, rhythm, routine, and connection are the language your body speaks. When you lean into these cues, your system softens and comes back online.

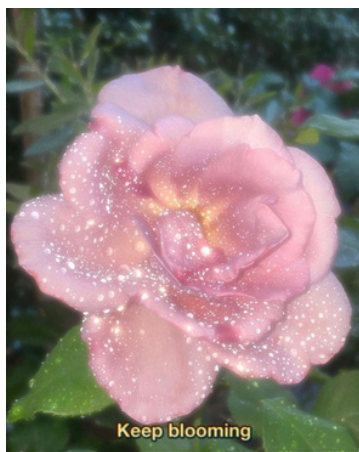
Reflection:

"What's something I can do I know will make me feel better?"



Baddie Mantra:

*"I am safe in my body, I am a
BAD BITCH!"*



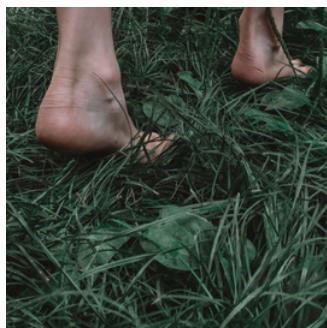
Journal

- Baseline for me feels like _____.
(ex: relaxed shoulders, steady breath, laughing with friends, clear focus)

Baddie Baseline Cheat Sheet

A quick reference checklist for when you don't wanna read it all

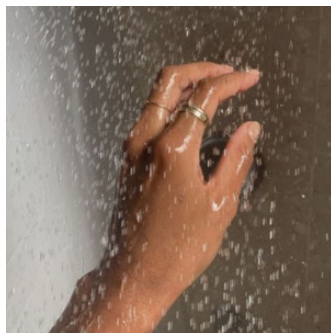
Upregulated (Anxious, Wired, Overthinking)



*Aka- Time to **Ground***

- **Box Breathing**
- **Drop Your Shoulders**
- **Unclench Your Jaw**
- **Put your phone down**
- **Play a chill/ grounding playlist**
- **Go on a CTG Walk (see next page)**
- **10 Minute Gentle Yoga**
- **Lay on some grass and ground**
- **Alchemize anxiety into a project**

Downregulated (Shut Down, Numb, Frozen)



*Aka- Time to **Energize***

- **15 minutes of sunlight**
- **Splash cold water on your face**
- **Put on a hype song**
- **20 Jumping Jacks**
- **Text/Call a Diva**
- **Eat something nourishing**
- **Light cleaning**
- **Brain dump journal session**
- **Light a candle or incense**
- **Dance in your room**

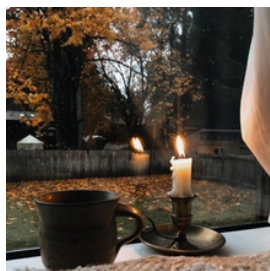
Note: Some tools overlap (like walking or music, brain dump), but the vibe changes depending on whether you need to ground or energize.

Anchor Rituals

These are the habits I return to again and again — not just when I'm spiraling, but as part of my lifestyle. Try them for yourself or make something completely yours!



Morning Coffee Intention Setting



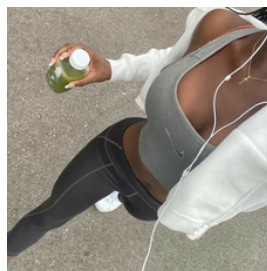
1. When you wake up in the morning light a candle
2. Brew your favorite morning drink (for me its a pumpkin iced coffee)
3. While stirring- infuse your intention for the day into your drink by visualizing what you want to accomplish
4. When sipping- express gratitude for the energy and comfort the drink provides
5. Imagine the flame from the candle represents your energy- draw from it throughout the day and blow it out when your work is done.

Bathtub Baddie Reset Ritual



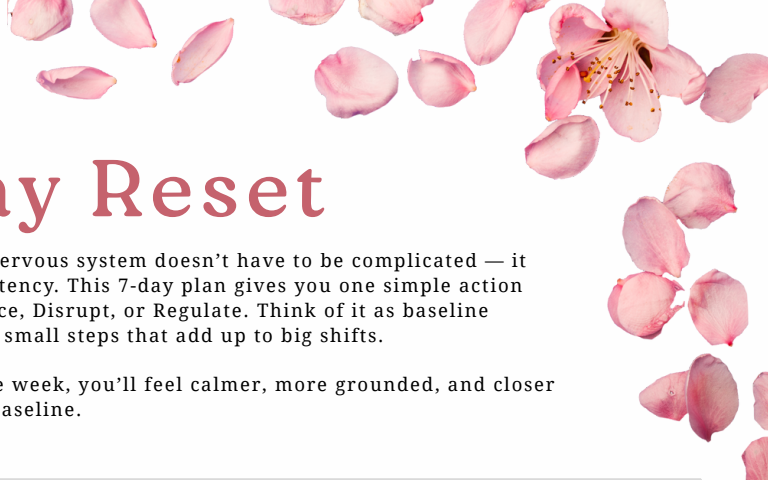
1. Run a hot bath, light a candle, and leave your phone in the other room.
2. Add bubbles, salts, or oils (not required)
3. Imagine scrubbing the energy of the past off of you
4. Visualize the yucky energy circling the drain when you get out of the bath.
5. Revel in the reset- every moment is a chance to start anew. Your Past does not define you.

The CTG Walk



1. Get outside and move headphones in, shoulders back.
2. Notice your thoughts that come up- notice the ones that don't serve you
3. Challenge the negative thoughts and gently pivot to something that makes you feel good (i.e. the trees, the sunshine, or something you're excited about)
4. Listen to upbeat music and imagine the life of your dreams- feel the emotion of it OR Listen to a podcast or audiobook that makes you feel inspired <3

Note: If you incorporate these rituals into your daily life you won't have to lean on the emergency checklist as often :)



7 Day Reset

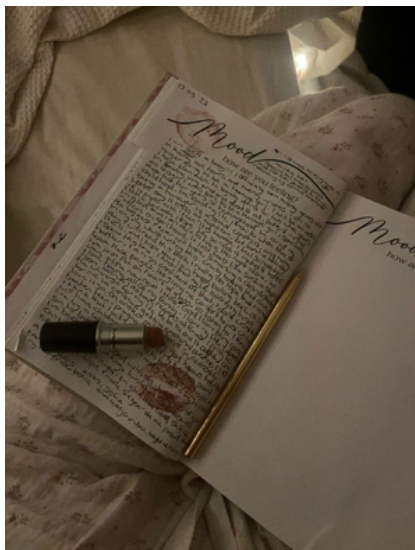
Resetting your nervous system doesn't have to be complicated — it just takes consistency. This 7-day plan gives you one simple action each day to Notice, Disrupt, or Regulate. Think of it as baseline training wheels: small steps that add up to big shifts.

By the end of the week, you'll feel calmer, more grounded, and closer to your Baddie Baseline.

Day	Theme	Reset Action	Mantra
Day 1	Awareness Reset	Do a 5-min body scan + journal "What's true right now?"	<i>"I notice, I'm in control."</i>
Day 2	Pattern Breaker	Cold water splash + put on a bold outfit	<i>"Not today, satan."</i>
Day 3	Energy Reset	Hot Girl Walk w/ your baseline playlist	<i>"Each step = proof I'm safe."</i>
Day 4	Self-Worship Reset	Skincare + Mirror Work (affirmations while you glow)	<i>"I am worthy of tenderness, love, and care."</i>
Day 5	Connection Reset	Call/text a doll or plan a small hangout	<i>"Connection is medicine."</i>
Day 6	Ritual Reset	Bathtub Ritual — cleanse yourself from the past.	<i>"Release + reset."</i>
Day 7	Reflection Reset	Answer 2–3 journaling prompts from pg 12 + early bedtime	<i>"This is my baddie baseline."</i>

Reflection Prompts

Baseline isn't just something you "do" — it's something you feel. Use these prompts to notice your patterns, track your progress, and claim your glow. There's no wrong way to answer — even a messy sentence or bullet point is enough.



1.) What does survival mode look like for me- in my body, my thoughts, and my daily habits? How does it affect the way I show up for myself and others?

2.) When I imagine my “baddie baseline” self, what does she look like? How does she move through her day, handle stress, and treat herself?

3.) Which coping tools feel natural to me, and which feel uncomfortable or out of reach? What might that say about where I still don't feel safe?



4.) What triggers usually throw me off baseline (ex: relationships, money, body image)? How can I start noticing the signs earlier before I spiral?



5.) What would it mean to fully trust that I am safe in my body? How would that shift my choices, routines, or relationships?



Closing Pep Talk

Diva, you made it! You just gave your nervous system a full Baddie Baseline Reset.

You've learned how to Notice the spiral, Disrupt the autopilot, and Regulate back to your glow.

You've seen the difference between being wired, flatlined, and living in your baddie baseline. And now you've got tools, rituals, and a 7-day roadmap you can return to whenever life tries to snatch your shine.

This guide is an amalgamation of the practices and tools I've used to rebuild my self-concept in a world that isn't always kind- especially to trans people. It's my gift to you, something I hope will keep giving during life's most uncomfortable seasons.

Please know this: you are strong, capable, and smart enough to do anything you set your mind to. You are not alone. Your trans sisters and brothers see you- and I see you.

Your baseline is yours to claim, Baddie!

Your sister
Aria

DIVA Goals

You've done the reset. You've felt the difference between survival mode and your baddie baseline. Now it's time to take that energy and weave it into your everyday life.

That's where the DIVA Daily Goals System comes in. It's my free framework to keep you grounded, glowing, and consistent — without the overwhelm.



Here's how it works:

- Discipline → one action that builds momentum.
- Inspiration → something that sparks creativity.
- Vitality → a choice that nourishes your body.
- Alignment → one step that connects you to your bigger vision.

One goal per letter. One simple daily plan. And over time, those small wins add up to a life that feels steady, magnetic, and unapologetically yours.

Grab your free DIVA Daily Goals guide here and start stacking your glow daily.

Your baseline is the foundation. DIVA is how you rise.