

Coping Skill Guidebook

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The Calm Ball™ is a fun and interactive way to learn and practice healthy coping skills. Developed by a licensed therapist, it features strategies designed to support emotional regulation, encourage healthy coping and help you respond intentionally when you're feeling stressed, overwhelmed or dysregulated.

The Calm Ball™ can be used when you need support in the moment, as part of a regular self-care practice, or simply as a fun way to build your coping skill toolbox.

Directions:

Turn **The Calm Ball™** over to randomly reveal one of 20 coping strategies. *Hold the ball with the window facing directly up and level for the clearest answer.*

Think of your answer as a prompt, not a rule.
Refer to this guidebook to learn more about each strategy and find practical ways to put it into action.

Consider your circumstances and **adapt the strategy to fit your needs**. If it doesn't work for the moment, **modify it or shake again!**

StayCalm
Wellness Products

Visual learner?

Scan for video examples of
coping strategies

Look under “**playlists**”

YouTube.com/staycalmwellness

Tips for Using The Calm Ball with Kids

Practice when they are calm.
Don't wait for a meltdown! Practice skills when kids are regulated so they're easier to use when big feelings arise.

Explore together.
Turn the Calm Ball over to reveal a coping skill, then try it together. Use this guidebook to explain each skill and start conversations about how and why it can help.

Meet them where they are
Adapt exercises to the child's age, abilities, attention span, and needs. Simplify, shorten, or demonstrate activities as needed.

Get curious
Ask: "How do you feel now?" "Did that help?" "Would you try it again?" Not every strategy works for every child. Help them discover their favorites and build their own coping toolbox.

Use video support
Visit the StayCalm YouTube channel for kid-friendly playlists that complement and demonstrate Calm Ball activities.

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Coping Skills

Binaural Beats

Change your frequency.

Binaural beats are an auditory illusion created when slightly different frequencies are played separately into each ear. Your brain perceives the difference between the two frequencies as a rhythmic beat. Some research suggests that listening to binaural beats may support relaxation, focus, sleep and anxiety reduction.

Try it: Put on headphones and search for binaural beats based on what you need, such as relaxation, focus or sleep. Listen comfortably for a few minutes and notice how you feel before, during and afterward.

Scan for a playlist of Binaural Beats on the StayCalm Wellness YouTube channel.



Breath Work

When in doubt, breathe it out.

Your breath is one of the most accessible and effective tools for regulating your emotional state. You can use it almost anywhere, anytime. Stress and anxiety can cause breathing to become faster and shallower. Intentionally slowing your breathing can help shift your body toward a calmer state.

Try it:

- **Box Breath:** Inhale gently through your nose for 4 counts, hold for 4, exhale for 4, and hold for 4. Repeat several times. Adjust the count if needed so the breath feels comfortable. Try tracing a box with your finger as you breathe.
- **5-2-7 Breath:** Inhale for 5, hold for 2, and slowly exhale for 7. Repeat. If this count feels uncomfortable, shorten it while keeping your breathing slow and comfortable.
- **Ocean Breathing (Ujjayi):** Breathe slowly through your nose while gently narrowing the back of your throat, creating a soft ocean-like sound.
- **Belly Breathing:** Place a hand on your belly and breathe slowly, allowing your abdomen to gently rise as you inhale and fall as you exhale.
- **3-Part Breath:** Slowly breathe into your belly, ribs and upper chest, then exhale in reverse.
- **Pursed-Lip Breathing:** Inhale gently through your nose and slowly exhale through pursed lips, as though blowing out a candle.

Calm Mantra

Repeat it. Become it.

Try it: Repeat the word “calm” out loud 10 times, making your voice progressively calmer each time.

Notice your ability to consciously influence your state.

What happens as you try to say the word in a calmer way? Perhaps you say it more quietly or slowly, or take a deep breath before saying it.

The real benefit of this practice isn’t simply repeating a mantra, it’s recognizing that you have the ability to actively calm yourself.

Clean Something

Clear your space. Clear your mind.

Okay, I know what you're probably thinking... Cleaning doesn't sound like the most exciting coping skill, but don't knock it until you try it! Creating order around you can help create a sense of order within you. Cleaning also provides movement, sensory stimulation, distraction, and the satisfaction of accomplishing something you can immediately see.

You don't have to clean your whole house. Start small. You can:

- Clear off one surface
- Organize one drawer
- Put away 5 things
- Wash a few dishes
- Clear out some emails or unwanted photos
- Fill up one bag with things to donate
- Wash your face or brush your teeth
- Take a shower or bath
- Put on music and clean for one song

Scan to watch satisfying cleaning videos

Can't or don't want to clean right now? Try watching satisfying cleaning content instead. Pressure washing, lawn mowing, cleaning time-lapses, car detailing, or organization videos can provide a calming, satisfying visual experience without you having to lift a finger.

Try it: Pick ONE of the options above. Notice the difference in how you feel before and after.

Create Art

Create more. Overthink less.

You don’t have to be an artist to benefit from creating. Creative expression can help you process emotions, shift your attention, relieve stress and become absorbed in the present moment. The goal isn’t to make something “good.” It’s simply to create.

Choose whatever sounds good to you right now:

- Draw, doodle or color
- Paint or make a collage
- Write a poem, story or song
- Dance or make music
- Sculpt, craft, knit or crochet
- Take photos or make a video
- Try makeup, nail art or fashion
- Practice flow arts
- Decorate, build or restore something
- Create anything else that inspires you!

Need inspiration? Scan for therapeutic art activities

Try it: Give yourself 5 to 10 minutes to create without judging the result. Focus on the process rather than the finished product.

Exercise

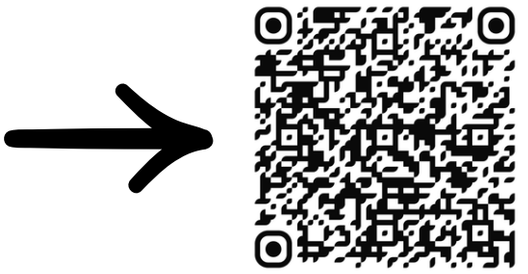
Move a muscle, change a thought.

Movement can help reduce stress and tension, interrupt repetitive thoughts, boost your mood and energy, and bring your attention back into your body. And “exercise” doesn’t have to mean hitting the gym! Choose movement that fits what you need and your current ability and circumstances.

- **Get your heart pumping:** Walk, run, dance, swim, bike, lift weights, or do jumping jacks.
- **Slow down:** Try Tai Chi, Qi Gong, stretching, rocking, swaying, spinning in circles or other mindful movement.
- **Isometric exercises:** Push your palms together, push against a wall, or squeeze and release your muscles.
- **Shake it out:** Gently shake your arms, legs, or whole body and notice how you feel.
- **TRE:** Tension & Trauma Releasing Exercises (TRE) use a series of movements designed to activate the body’s natural shaking response, which may help release muscular tension and promote relaxation.

Notice the shift: Check in before and after. What changed in your mood, energy, thoughts, or tension?

Want some guidance? Scan for guided movement, somatic exercises, and TRE videos.



Get Into A Flow

Get out of your head and get into your flow.

Flow is the state of being so fully absorbed in what you're doing that everything else seems to fade away. Your mind quiets, your sense of time changes, and your attention becomes so focused on the activity that there's no mental room to be worried about the future or ruminating over the past. Think of it as a form of active meditation.

Flow can happen during almost any activity: dancing, flow arts, painting, drawing, writing, playing music, exercising, cooking, gardening, cleaning, crafting, playing games, or even working on something you enjoy.

Find your flow:

- **Choose something engaging:** Pick an activity you enjoy or can easily become absorbed in. Pick something intrinsically motivating.
- **Find the sweet spot**: Flow occurs when the challenge matches your ability. Too hard? Slow down or simplify it. Too easy? Add a little challenge.
- **Give it your full attention:** Minimize distractions and focus on what you're doing rather than how well you're doing it. Give it 100% effort.
- **Add a challenge:** Try going faster, smoother, more precisely, or to the beat of music.

Try it: Choose an activity and give it your full attention for a little while. Let everything else become less important and simply experience what you're doing. You don't have to be good at something to find flow. You just need the right balance of challenge, skill, and attention.

Go Outside

Change your setting, change your state.

Spending time outdoors can help reduce stress, improve mood, interrupt repetitive thoughts, and bring your attention back to the present moment. Even a few intentional minutes outside can offer a mental reset.

- **Change your scenery:** Take a walk, sit under a tree, visit a park or beach, watch the sunset, or look up at the stars.
- **Engage your senses:** Notice the warmth of the sun, the breeze on your skin, the colors around you, and the sounds and smells of your environment.
- **Connect with nature:** Feel the ground beneath your feet, touch a tree, sit in the grass, garden, or simply observe the natural world around you.
- **Add movement:** Walk, hike, swim, bike, stretch, or combine your outside time with another activity you enjoy.
- **Look for beauty:** Notice something you might normally overlook, like clouds, flowers, birds, the moon, or sunlight moving through the trees.

Can’t go outside? Bring the outside in! Research suggests that even viewing nature can have calming effects. Put on a nature documentary, watch a nature video, look out a window, or listen to nature sounds.

Is it raining? Open a door or window and listen to the rain, notice its smell, or simply watch it fall.

Journal

Write it out. Let it go.

Journaling can help you express emotions, organize your thoughts, recognize patterns, gain perspective, and process what you're experiencing. There's no right way to journal. Choose what feels useful to you in the moment.

- **Thought Flow:** Write whatever comes to mind without editing or judging it. Vent, explore, or simply empty your thoughts onto the page.
- **Reflect:** Write about what happened, how you felt, and how you responded. What did you learn? What would you do differently? How might your best self respond next time?
- **Brain Dump:** Feeling overwhelmed? Write down everything taking up space in your mind, including worries, tasks, decisions, and reminders. Circle what you can control or take action on.
- **Gratitude:** Write as many things as you can think of that you're grateful for, big or small. Or choose a few and write in detail about why you're grateful for them and what they add to your life.
- **What's Going Well:** When your mind is focused on everything going wrong, intentionally notice what is working, improving, or going right. Give yourself some credit and acknowledgment. Recognize your strengths and successes.

- **Unsent Letter:** Write everything you wish you could say to someone without worrying about how it sounds. You don't have to send it.
- **Manifestation:** Start with "I'm so happy and grateful now that..." and write in the present tense as if you have already achieved what you desire. Describe your envisioned life and how it feels to be living it. Use as much detail as possible.
- **Future Self:** Imagine a wiser, future version of yourself who has made it through what you're experiencing. What perspective, encouragement, or advice would they give you right now? Write yourself a letter from the perspective of that version of you.
- **Self-Compassion:** Write to yourself the way you would speak to someone you love who was going through the same thing. What would you want them to hear?

Listen to Music

Choose your soundtrack. Change your state.

Music can influence our emotions, energy, attention, and even how connected we feel to ourselves and others. Instead of automatically putting on whatever you usually listen to, try choosing music intentionally based on what you need in the moment.

- **Calm your system:** Try soft instrumental music, spa music, nature sounds, lo-fi, classical music, or anything slow and soothing.
- **Hype yourself up:** Choose an empowering song that makes you feel confident, energized, strong, or ready to take on the world.
- **Improve your mindset:** Try affirmation music or songs with lyrics that reinforce the thoughts, beliefs, or mindset you want to cultivate.
- **Connect spiritually:** If it aligns with you, worship music, mantras, chanting, devotional music, or other spiritually meaningful songs can help you connect with your faith, values, or something greater than yourself.
- **Feel what you need to feel:** Sometimes you don't need to change an emotion, you need to move through it. A breakup song, grief song, or music that matches your mood can help you feel understood and give emotions somewhere to go. Allow yourself to go there, but make sure not to stay there.
- **Move with it:** Dance, sway, sing, drum, or move your body to the beat. Let music become an active experience rather than just background noise.

Try it: Put on a song that fits what you need right now. Close your eyes if it feels comfortable, take a breath, and really listen. Notice the instruments, rhythm, lyrics, and sensations in your body. When the song ends, check in: Has anything shifted?

Make it easy: Create playlists ahead of time for different needs: Calm Down, Hype Me Up, Affirmations, Feel It Out, Focus, Spiritual Connection, or whatever works for you.





Scan for a Spotify playlist of uplifting music with positive messages

Make Yourself Laugh

Laughter is medicine for the mind.

Laughter can relieve tension, interrupt negative thought loops, shift your mood, and give your mind a break. You don't have to wait for something funny to happen. Go looking for it!

Try it:

- Watch something funny: Put on a comedy, funny video, favorite sitcom, stand-up, comedy podcast or scroll through some memes.
- Find your funny person: Call or text someone who makes you laugh, share a joke, or reminisce about a ridiculous memory.
- Get playful: Play a silly game, make funny faces, have a goofy dance break, use a funny voice, or challenge someone to make you laugh.
- Find humor in the hard stuff: A little dark humor can help make painful, stressful, or absurd experiences feel a little lighter. Laughing doesn't mean you're minimizing what happened.
- Try laughter yoga: Start intentionally laughing and see if the fake laughter turns into the real thing.
- Create a funny file: Save memes, videos, jokes, or memories that reliably make you laugh for when you need them.

Not in the mood to laugh? That's okay. The goal isn't to dismiss what you're feeling or force yourself to be happy. Sometimes humor simply creates a little distraction from a difficult emotion.

Meditate

You don’t have to quiet your mind. Just learn to sit with it.

Meditation is a practice that involves intentionally bringing nonjudgmental awareness to the present moment. Rather than trying to stop your thoughts or feelings, practice noticing what is happening within and around you with curiosity and acceptance.

Your mind will wander. That’s normal! Meditation isn’t about having no thoughts. When you notice your attention has wandered, gently bring it back. That is part of the practice.

Try it:

- **Mindfulness:** Choose an anchor such as your breath, sounds, or physical sensations. Notice what is happening right now without judging it. When your mind wanders, gently return to your anchor.
- **Body Scan:** Get comfortable and slowly move your attention through your body from head to toe or toe to head. Notice sensations like warmth, pressure, tingling, tightness, or relaxation without needing to change them.
- **Loving-Kindness:** Bring yourself or someone else to mind and silently offer compassionate wishes such as May I be safe. May I be healthy. May I be peaceful. Gradually extend those wishes to others.
- **Walking Meditation:** Walk slowly and intentionally. Notice your feet meeting the ground, the movement of your body, your breathing, and your surroundings. When your mind wanders, return to your steps.

- **Mantra Meditation:** Choose a meaningful word, phrase, affirmation, prayer, or mantra. Repeat it silently or aloud, allowing your attention to rest on the words, sound, and rhythm.
- **Candle Gazing:** Safely place a candle in front of you and focus on the flame. Notice its colors, shape, and movement. Each time your attention wanders, gently return your gaze to the flame.
- **Guided Meditation:** Let someone else lead the way. Follow a recording that guides you through mindfulness, visualization, relaxation, breathwork, or another meditation practice.

Think you "can't meditate?" Start with just one minute. You can meditate sitting, lying down, walking, or moving. There's no prize for having a perfectly quiet mind. Like any skill, meditation becomes more familiar with practice.

Want some guidance?

Scan for a playlist of Guided Meditations

Positive Affirmations

Change your thoughts, change your mood.

Affirmations are intentional statements that can help you practice more supportive ways of thinking about yourself, your circumstances, and the direction you want to grow. They can remind you of your strengths, values, intentions, and the perspective you want to cultivate.

Create one for what you need right now

Ask yourself, What am I struggling with? What do I need to hear, remember, or believe right now?

Try starting with:

- **I am**... "I am worthy of love and respect."
- **I can**... "I can take this one step at a time."
- **I choose**... "I choose to focus on what I can control."
- **I release**... "I release what is outside of my control."
- **I am becoming**... "I am becoming more confident in myself."
- **I deserve**... "I deserve to treat myself with compassion."
- **I trust**... "I trust myself to figure this out."
- **_____ comes easily and frequently.** "Joy comes easily and frequently."

Make it believable: If "I am confident" feels impossible to believe, soften it. Try "I am learning to trust myself," "I am becoming more confident," or "I can do this even while feeling nervous." Find words that feel supportive without forcing yourself to believe something you don't.

Try an "AND" statement

You don't have to fight with every negative thought or pretend it isn't there. Acknowledge what you're thinking or feeling AND add another truth alongside it.

- "I suck at tests **AND** I study hard and put in a lot of effort."
- "I'm anxious **AND** I can still do this."
- "I made a mistake **AND** I can learn from it."
- "I don't feel confident **AND** I'm willing to try anyway."
- "This is really hard **AND** I've gotten through hard things before."
- "I'm overwhelmed **AND** I only have to take the next step."

Sometimes two things can be true at the same time.

<u>Try it:</u>

Say your affirmation/s aloud, write it down, put it somewhere you'll see it, repeat it while looking in the mirror, or pair it with your breath. Repetition can help a new way of speaking to yourself become more automatic.

Want some guidance? Visit the StayCalm Wellness YouTube channel for affirmation videos and music you can listen to or repeat along with.

*Examples of affirmations on the following page ⟶

Affirmations to Try

- I am worthy of love and respect.
- I am enough as I am, even as I continue to grow.
- I can handle this one moment at a time.
- I am safe in this moment.
- I can do hard things.
- I am learning to trust myself.
- I choose to focus on what I can control.
- I release what is outside of my control.
- I release the pressure to be perfect.
- I am growing through what I am going through.
- I deserve the same compassion I give to others.
- I am becoming more confident and capable.
- I am continually learning and growing.
- I can make mistakes and still be worthy.
- I am making a positive difference in the world.
- I am grateful for what I have while remaining open to what is coming.
- I trust myself to navigate whatever comes next.
- I am proud of how far I have come.
- Joy comes easily and frequently.
- Blessings come easily and frequently.
- I am open to receiving abundance and opportunity.
- I am braver than my fears.
- I let go of patterns and habits that no longer serve me.

Practice Gratitude

Focus on the good, find more good.

When life feels stressful, it's easy to focus on what's going wrong and overlook what's going right. Gratitude shifts your attention toward the good that's already present. Gratitude doesn't mean ignoring difficult feelings. **Hard things and good things can exist at the same time.**

Try it:

- **Look for glimmers.** Notice small moments of joy or comfort–a favorite song, green lights, a fresh cup of coffee, or a pretty sunset.
- **Find gratitude within the struggle.** Ask, "What can I appreciate within this?" A stressful job can mean having an income; a messy house can mean having a home or people you love. You don't have to be grateful for the problem to appreciate something within it.
- **Go deeper.** Choose something you appreciate and consider what made it possible. Grateful for your car? Think of the inventors, workers, materials, roads, and your ability to drive it. Think of everything that had to happen and everyone who played a part in its existence. Follow the chain of gratitude.
- **Express it.** Write a thank-you letter or tell someone you appreciate them.
- **Try the gratitude alphabet.** Name something you're grateful for starting with each letter of the alphabet.
- **Thank your present self.** Write yourself a thank-you letter from your future self's perspective acknowledging all your efforts.

Practice Yoga

Get into your body and out of your head.

Yoga is more than just exercise or simple stretching. Yoga combines movement, breath, and mindful awareness to support both the body and mind. Focusing on your breath and physical sensations can help bring you back to the present moment when you're caught up in stressful or racing thoughts and uncomfortable emotions.

Different styles of yoga can support different needs. Gentle or restorative yoga can encourage relaxation and stress relief, while a more active vinyasa or power flow can provide an outlet for restless energy and help you feel energized when feeling low.

You don't need to be flexible or able to do complicated poses to practice yoga. There are styles and modifications for different bodies, abilities, and energy levels. You can practice at a studio, outside, or right at home. Even a few mindful stretches paired with your breath can count.

Not sure where to start?

SCAN & FLOW

Read a Book

Give your mind something new to think about.

Our minds tend to repeat the same thoughts, worries, beliefs, and stories day after day. Reading exposes you to new ideas, perspectives, and possibilities, giving your mind new thoughts to choose from.

Getting absorbed in a book can also shift your attention away from stress and negative emotions, helping you become more present. Different books offer different benefits: fiction can provide an escape and new perspectives, self-help can teach new skills and insights, spiritual and philosophical books can offer meaning and comfort, and humor can lighten your mood.

You don't have to finish a book or even a chapter. Just a few pages can interrupt negative thought loops, reset your mind, and give your brain somewhere new to go.

Not sure what to read next?

FIND YOUR NEXT READ

Explore the StayCalm Recommended Reading List.

Reframe Your Thoughts

You don't have to believe everything you think.

Thinking is a lot like breathing. Both happen automatically, often without us noticing. But when we bring conscious awareness to them, we can improve their quality.

You may not always choose your first thought, but once you notice it, you have more choice in what comes next. Reframing isn't about forcing yourself to think positive. It's about becoming an active participant in your thinking and choosing thoughts that are more balanced, accurate, compassionate, and helpful.

NOTICE → CHECK → CHALLENGE → REFRAME

1. NOTICE IT

What am I telling myself right now? Observe the thought without immediately accepting it as true.

2. CHECK IT

Look for common **cognitive distortions** (thinking traps):

All-or-Nothing — Seeing things in extremes
Catastrophizing — Expecting the worst
Mind Reading — Assuming you know what others think
Fortune Telling — Predicting a negative future
Overgeneralizing — Turning one event into "always" or "never"
Mental Filtering — Focusing only on the negative
Personalizing — Assuming everything is about you or your fault
"Should" Statements — Holding yourself to rigid expectations

3. CHALLENGE IT

Instead of automatically believing the thought, put it on trial.
A thought can feel true without being completely accurate. Slow down and get curious about what your mind is telling you.

Check the facts

- Is this thought 100% true?
- What are the actual facts?
- What evidence supports this thought? What evidence challenges it?
- Is this a feeling or a fact?
- Am I making an assumption or filling in missing information?

Look for distortion

- Am I focusing only on the negative?
- Am I ignoring or minimizing successes or positives?
- Am I assuming I know what someone else is thinking?
- Am I predicting the future as if I already know what will happen?
- Am I using words like **always**, **never**, **everyone**, or **no one**?
- Am I expecting myself to be perfect or holding myself to an unrealistic standard?

Zoom out

- What are some other possible explanations?
- What information might I be missing?
- How might someone else see this situation?
- Will this matter as much a week, a month, or a year from now?

4. REFRAME IT

- **Find the Middle Ground**

"I completely failed." → "I have failed at some things and I have succeeded at some things. Failing teaches me what not to do."

- **Find the Silver Lining or Blessing in Disguise**

What could I learn, gain, or take from this experience? How could this potentially end up leading to a better future or version of myself?

- **Worst Case • Best Case • Most Likely Case**

Instead of considering only the worst-case scenario, consider the best case scenario and then what is realistically the most likely case scenario.

- **Turn "What If?" into "Even If"**

"What if I mess up?" → "Even if I mess up, I can recover and keep going."

- **Add an AND**

"I'm scared." → "I'm scared AND I can be brave."

- **Choose Growth Mindset**

"I can't do this." → "I can't do this yet, but I can learn."

- **Replace Assumptions with Possibility**

"They didn't text me back so they don't like me." → "There are many reasons that they could have not responded. It's not necessarily that they don't like me."

- **Replace Judgment with Compassion**

"I hurt someone, so I'm a bad person." → "I'm human and imperfect. I can take responsibility, repair what I can, and do better moving forward."

When reframing isn't working...
Not every thought needs to be changed. Sometimes it's more helpful to step back from the thought or accept what you can't control.

Try Cognitive Defusion
Create distance from the thought.

"I'm not good enough." → "I'm having the thought that I'm not good enough."

Remember: You are not your thoughts. You are the one noticing them.

Or

Try Radical Acceptance
Practice radical non-resistance to what you cannot change.
Soften. Unclench. Breathe.

"I hate this, I don't want this to be happening."→ "I can't change this right now. It is what it is, and I accept that it's out of my control."

Acceptance isn't giving up, it's choosing to stop fighting with what already is.

Tapping (EFT)

Tap into your inner peace.

Tapping, also known as the Emotional Freedom Technique (EFT), is a therapeutic technique involving gentle rhythmic tapping on specific points of the face and body in conjunction with specific statements. This mind-body practice can help reduce emotional distress and promote calm and self-acceptance.

How to Practice:

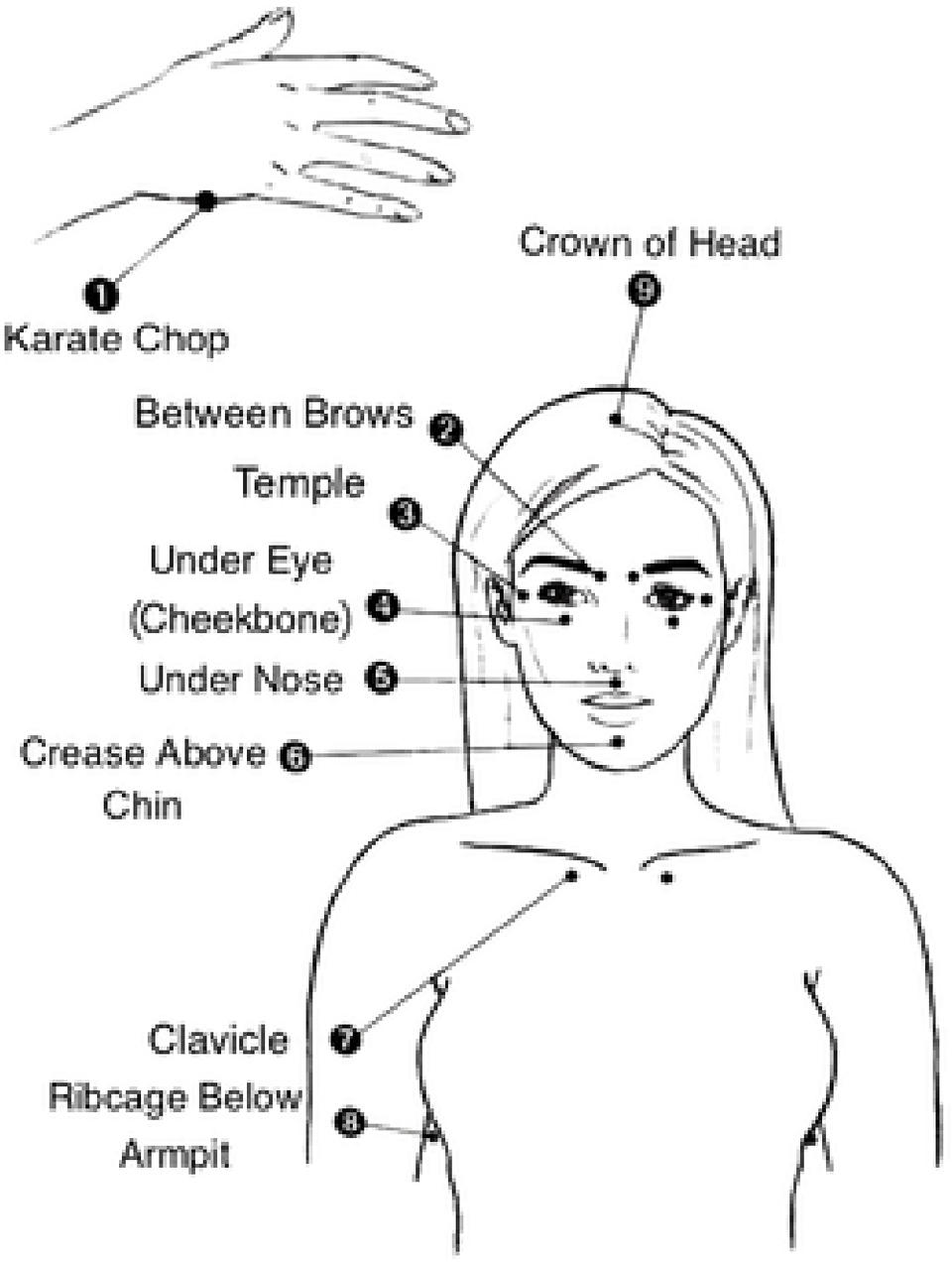
1. Name what's coming up. Identify the emotion, thought, behavior, fear, or situation you want to work through.
2. Rate the intensity from 0–10.
3. Create an emotional processing and self-acceptance statement. The format generally goes: **"Even though _____, I deeply love and accept myself."** Customize the wording so it feels authentic to you.
4. Tap through the points shown on the next page using 2–4 fingers and gentle, rhythmic pressure. Breathe slowly as you tap and repeat your statement or a shortened reminder phrase.
5. Check in again. Notice how you feel and rate the intensity. Repeat as needed, adjusting your statement if something new comes up.

*Example Emotional Freedom Technique setup statements and tapping points are on the next page.

EFT Setup Statements

- Even though I feel anxious and overwhelmed, I deeply love and accept myself.
- Even though I made a mistake, I can offer myself compassion and acceptance.
- Even though my feelings are hurt, I deeply love and fully accept myself.
- Even though we had an argument, I am safe and I am loved.
- Even though I'm afraid of being judged, I love and deeply accept myself.
- Even though the future feels uncertain, I honor my feelings and trust myself.

Tapping Points



Scan for video demonstrations on how to do EFT

Use Your Support System

You don't have to do everything alone.

Connection can help regulate emotions, improve mood, and remind you that you're not alone. You don't even have to talk about what's wrong. Sometimes simply being around others and getting out of isolation can help.

Support can look different depending on what you need.

Maybe you need someone to listen, offer advice, distract you, make you laugh, give you a hug, or simply sit with you.

- Text or call someone you trust.
- Make plans with someone.
- Post in a supportive online community.
- Go somewhere people are: a café, park, gym, class, or community event.
- Reach out to a therapist, support group, or trusted mentor.
- Connect with a pet. Cuddle, play, go for a walk, or simply sit together.

Need support now?

Text **HOME** to "741741" for free, 24/7 confidential crisis support.

Visualize Peace

Imagine a peaceful place. Feel a peaceful state.

Visualization uses mental imagery to help shift your emotional state and create a sense of calm.

Try it:

Close your eyes if comfortable and imagine a place where you feel peaceful, safe, and at ease. It can be real or completely imagined. Use all five senses. Try to add as much detail as possible.

Ask yourself:

- Where are you?
- What do you see, hear, smell, feel, or taste?
- What is the weather like?
- What time of day is it?
- What are you doing?
- What details can you notice?
- What are you wearing?
- Who, if anyone, is with you?
- How does your body feel here?

Visualization isn't just for relaxation. You can also imagine yourself handling a difficult situation, reaching a goal, or practicing a new desired habit or behavior. Think of it as a mental rehearsal for how you want to feel, respond, or show up.

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Thank you!

Thank you for supporting my therapist-owned small business. My dream is to make mental health tools more creative, engaging, and fun.

I poured my heart and soul into creating The Calm Ball and this guidebook, and I truly hope this tool supports you in your mental health practice.

If you enjoyed this product, please consider leaving a review. Your review will help this tool reach many others.

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