



CALM

“Being Aware and Ahh-llowing of B-FIT, I Calm Myself and Therefore Calm Others.”

Core Concept

CALM is the second step in Conscious Care and Support (CCS) 5 C's Model. After catching yourself in the present moment, calming means intentionally soothing your body and mind so you can help others regulate theirs. It is both an internal experience and an external influence—when we calm ourselves, we naturally calm others.

Why It Matters

Without calm, our reactions are driven by survival instincts—freeze, fear, flight, or fight. This emotional hijack prevents us from accessing best practices, compassion, and clarity. A calm presence allows us to act wisely and effectively, reducing the risk of escalation, trauma, or burnout.

How to Practice Calming

1. Catch yourself being here and aware.
2. Notice sensations, feelings, and thoughts without resistance—just ahh-llow them.
3. Breathe slowly and deeply to activate the body's parasympathetic (calming) system.
4. Focus attention on your body (B-FIT Mindfulness) to redirect energy from fear to peace and presence.
5. Intend calm and peace for yourself and others.
6. Speak softly and move gently—your calm energy influences those around you.

Benefits of “Calm”

- Enables access to best practices and learned skills.
- Reduces emotional contagion of difficult feelings and fosters mutual calm.
- Prevents emotional hijacks and reactive behaviours.
- Creates a safe environment for healing and learning.
- Strengthens empathy, compassion, and presence.

How Calming Works in the Brain

According to neuroscience, attention activates the right brain, which in turn quiets the frantic, analytical left brain. This shift reduces adrenaline and activates the parasympathetic and vagus nerve systems—producing a peaceful, clear, and intuitive state. In this calm state, both supporter and person supported can think, feel, and respond with greater wisdom.

Key Insight

To be calm is to experience sensations, feelings, and thoughts peacefully—regardless of chaos. Calmness is not the absence of emotion but the mindful awareness that allows compassion, confidence, and care to arise naturally.