

# BE CALM

When you feel stress or anxiety coming on, imagine the words "BE CALM" on a black and white TV screen there in front of you. Use the "BE CALM" technique to train yourself to overcome anxiety on your own, as it happens.



BE CALM stands for:

**B**reathe in relaxation - take a few deep breaths

**E**xperience the situation - take note of your surroundings

Notice 3 things you see

Notice 3 things you hear

Notice 3 things you feel

**C**onnect and ground yourself by saying I'm ok; I'm safe

**A**cept the anxiety - accept how you are feeling

Don't try to fight the feelings.

**L**ook at your thoughts - like watching a storm way out at sea

Observing and identifying thoughts takes away their power.

**M**aintain or repeat - Maintain this peaceful calm or repeat this process.

Maintain your growing sense of calm by repeating this process as many times as needed

