

# The Calm Mind

Pause. Breathe. Settle.



## Settle In

- Take a slow breath in through your nose...
  - Hold it for 3 seconds...
  - Breathe out slowly through your mouth.
- Do this 3 times.



## Today's Thought

→ "My brain is trying to protect me, even when it feels overwhelming."

Write or draw it here: \_\_\_\_\_

## Check It

Look at your worry. Ask yourself:  
Is this happening right now?  
Is this something I know, or something I think?

- It's happening now
- It's a "what if" thought



## Calm the Body

- Put one hand on your chest.
  - One hand on your tummy.
  - Breathe in: "I am safe"
  - Breathe out: "I can slow down"
- Repeat 5 times.



## One Small Step

What is one small thing you can do next?

(Example: ask for help, take a break, have a drink, sit with someone)

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"I don't have to solve everything right now."