

THE CALM KIT

A Pocket Guide to Grounding, Breathing, & Bouncing Back.

MORNING RITUAL: GROUND BEFORE YOU GO

Breath: Hand on heart, hand on belly. Breathe and say: "I am here. I am safe. I am love."

Movement BEFORE you get out of bed: shoulder rolls, gentle neck tilt side to side, Big SMILE

DAILY SURVIVAL BREATHWORKS

1. The Sympathetic Sigh

Use when: You're stuck in traffic, overwhelmed, or rushing. How: Inhale through the nose, then let out a long, audible sigh twice.

2. Box Breathing

Use when: You need to focus or ground. How: Inhale 4, hold 4, exhale 4, hold 4 — repeat 4 rounds.

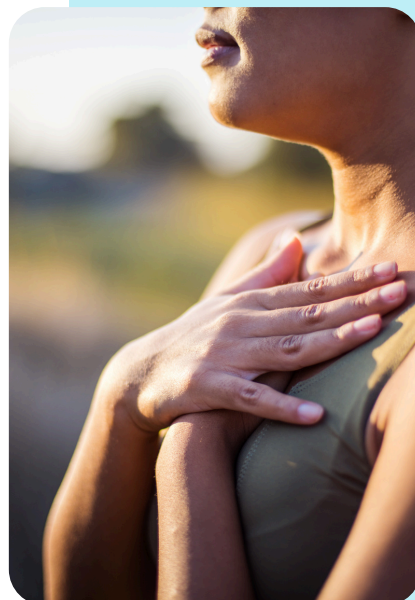
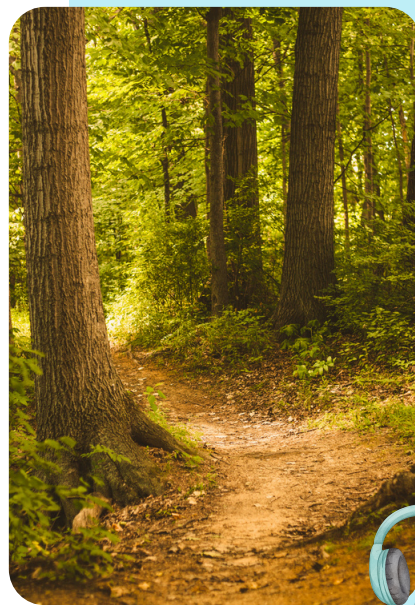
3. Diaphragm Breathing for Bedtime

Use when: You can't switch off. How: Lie down, one hand on your belly. Inhale for 4, exhale for 6-8. Let your body melt into rest.

NIGHTTIME SOUL CHECK-IN

Ask yourself these 3 questions as you wind down:

1. What did I feel good about today?
2. How did I treat myself with love or kindness?
3. What can I acknowledge about myself in this moment, honestly and gently?



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1-MINUTE POWER RESET

A quick-reference emergency reset for when you have 60 seconds:

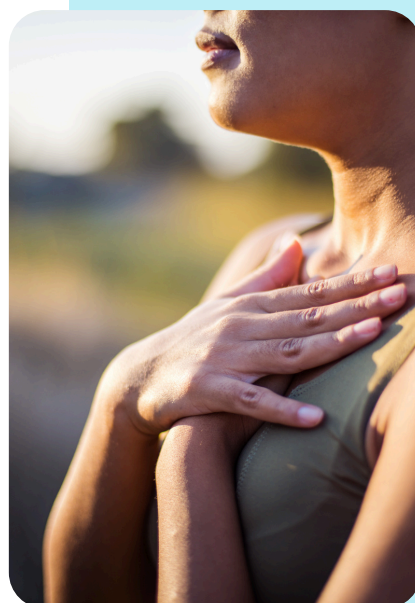
- Grounding breath
- Body check: What part is tense?
- Affirmation: "I choose presence over panic."
- One action: Shake it out, say "I'm back."



PICK YOUR STATE MENU

What do you need right now? Tap into one of these:

- Frazzled: Sympathetic sigh + neck stretch
- Overthinking: Box breathing + "Not mine to carry"
- Sad/Low: Hand on heart, "I'm with you"
- Disconnected: 3 chest taps + name 3 things you see



Visit www.claritycoachingenergy.com for more free tools and soul support.



Listen to the [Grounding Audio](#).

