

Quick Calm Tools



Box Breathing

Inhale for 4 counts- Hold for 4- Exhale for 4- Hold for 4
Repeat 4-6 times



5-4-3-2-1 Grounding

5 things you see- 4 things you touch- 3 things you hear
2 things you smell- 1 thing you taste



Progressive Muscle Relaxation

Tense a muscle for 5 seconds, then release
Work from you toes up to your head



Self-Soothing Statement

Choose a phrase that helps you feel safe,
ex: This feeling will pass



Small tools, used often, create big change

Worry Worksheet



Writing worries down helps your mind slow down

What am I worried about?

What is the worst that could happen?

What is a more realistic outcome?

What is one small step I can take?

Thought Check



Anxiety often comes from unhelpful thoughts
Let's challenge them

Anxious thoughts
(What I am thinking)

A Helpful, Balanced Thought
(What's more realistic?)



You can't always control your thoughts,
but you can choose which ones to believe

Daily Anxiety Plan



A plan helps you feel more prepared and in control

What can trigger my anxiety?

What are early signs I notice?

What tools or strategies will I use?

Who can I reach out to?



Preparation today can bring peace tomorrow