



DAILY CALM CHECKLIST

Name It

What am I feeling right now?

What do I need right now?

What's within my control?

Pause & Breathe

3 slow breaths in through your nose

Hold for 4 seconds

Exhale slowly for 6 seconds

Repeat 2-3 times

Reframe

Replace "I have to" with "I choose to"

Replace "I can't" with "I can try"

One positive thought ...

Small Action

Check one small task off the list

Step outside for air

Drink water mindfully

Send one encouraging message

♥ You've done enough today. You are enough.