

# CALMING STRATEGY CARD

**If you feel anxiety, frustration, or anger building ...**

1. Take a drink of WATER.
2. WALK around your house slowly one time or around the school/workplace.
3. Be MINDFUL as you do this – focus on looking, hearing, smelling, touching & tasting.
4. SIT (BREATHE in the NOSE for 7 seconds, HOLD, breathe in 2 more, then breathe out of MOUTH slowly for 10). Do this for 5 cycles.
5. PRAYER with eyes closed – ease your mind, look up & reach for hope.
6. ALWAYS TELL a doctor, psychiatrist, or counsellor about this incident. Also tell a LOVED ONE for support.
7. You are NOT ALONE. NEVER LOSE HOPE.

Calm



talk 

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**Carry this with you. Reach out anytime.**