

## Calm Down Poem

I need to calm down. What should I do? I'll start with this frown. That's what I'll do.

A smile will be a good start. Yes, it will help my mood. Then, I will check my heart.

My feelings are heavy, my brain feels tired.

I'll look in this toolkit to find something that will help me be inspired.

I can write myself a note. I can fidget with this tool.

I can color myself a design or savor this mint that feels cool.

I can use my senses to experience a fidget or sit quietly until all is right.

I will draw below and let my feelings go with all my might.

## Coping Statements for Anxiety

- ❖ This is just a **feeling**, it will pass.
- ❖ I choose to **slow down** and take **deep breaths**.
- ❖ **Don't give** meaning to every single feeling.
- ❖ I can feel anxious and still **handle this**.
- ❖ I am going to be **alright**. My thoughts are **not always** rational.
- ❖ Anxiety is **not dangerous**, it's just **uncomfortable**.
- ❖ I will stay **present** and **ground** myself.

## Stay Grounded Using Your 5 Senses

**5** Things You Can See



**4** Things You Can Feel



**3** Things You Can Hear



**2** Things You Can Smell



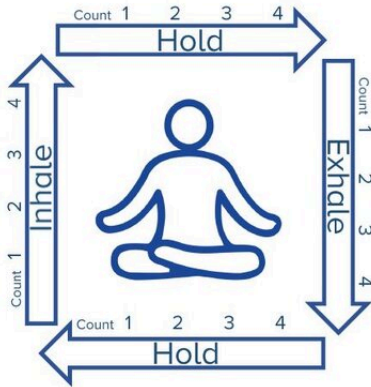
OR Favorite Smells

**1** Thing You Can Taste

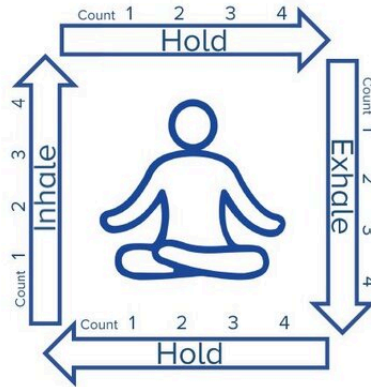


OR Favorite Taste

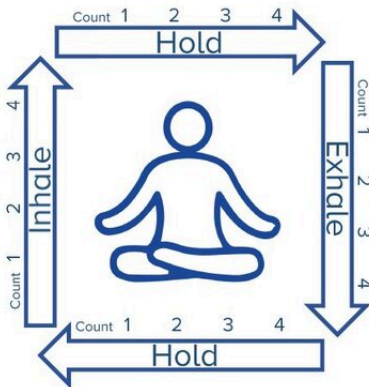
Square Breathing



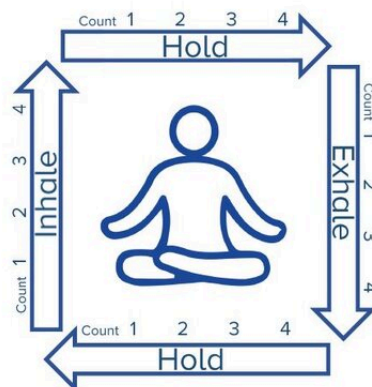
Square Breathing



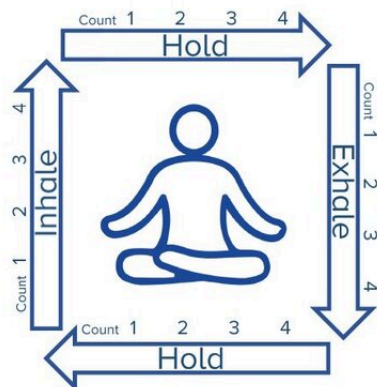
Square Breathing



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