

## LESSON 2: CREATING CALM IN UNCERTAIN TIMES

This worksheet invites you to become friends with your emotions. Practicing feeling your emotions builds confidence in yourself that you can handle anything and become the calm during the storm.

Use the **CALM** tool when you notice a change in your reaction or mood:

### Check-In

Pause. Reset by breathing. Inhale for 4 seconds, hold 2 seconds, exhale 8 seconds, hold for 2 seconds. Repeat as often as needed.

### Accept

Accept that your body wants to feel a particular emotion. It's what human bodies do.

### Lean In

Allow yourself to experience the emotion you're having by leaning into it. Feelings are simply sensations your body makes. The feeling will be uncomfortable but won't harm you.

### Get curious by describing what the emotion feels like in your body:

1. What am I feeling right now?
2. Where is this sensation?
3. Is it constricting or expanding?
4. What temperature is it?

5. Is it hard or soft?
6. What color is it?
7. What does it sound like?
8. What's its texture?
9. How does this feeling make me want to react?
10. What am I thinking to cause me to feel this way?
11. What else did you notice?

## Mindful

Be mindful how you treat yourself. Giving yourself the gift what you need right now allows you to be the person you truly are. Here are some ideas:

- a hug
- compassion
- a nature walk alone or with your dogs
- a long hot bath
- write in a journal
- create art
- garden

Write here what gift(s) you can give yourself: