

5 Steps to Calm

Tools to ease anxiety and stress



1. Recognize Triggers

- Identify what sparks your anxiety or stress — it could be specific thoughts, people, situations or sounds.
- Note the way your body feels when you are around these triggers and have strategies to support yourself in a healthy way.
- Keep a journal or notes to track your feelings and patterns — this can help identify potential patterns.

2. Build an Emotional First Aid Kit

- Learn which mindfulness exercises help you stay present and centered.
- Have sensory items on hand, like soothing music, scented candles or essential oils.
- Make a list of people you trust to reach out to when you need support.

3. Develop a Coping Plan

- Create a coping plan with healthy strategies for managing anxiety. A plan can give you a sense of preparedness and control during these times.
- Identify activities you enjoy, such as reading, exercising, socializing or spending time in nature.
- Practice deep breathing, meditation and other grounding techniques — regular practice can improve your ability to respond calmly.

4. Develop a Personal Support Network

- Identify at least three people you trust and can confide in during distress.
- Reach out to trusted friends, loved ones or a support group when you need to talk.
- Schedule regular check-ins with loved ones to nurture emotional bonds.

5. Practice Self-Compassion

- Treat yourself as you would with friends — with patience, comfort and understanding.
- Embrace imperfections without judgment: cultivate self-compassion by acknowledging yourself without criticism, recognizing that everyone is human and experiences ups and downs.
- Every life is unique. Celebrate your journey with gratitude and kindness.



Tips for Putting Your Plan Into Action

Learn More

- Learn more about anxiety and its triggers.
- Understand the science behind your emotions to help gain better control over them. Remember, mental health is key to good overall health.
- Practice grounding yourself by identifying the control you have in your situation: What can you change? What are aspects you cannot? Knowing what is in your power and being able to act is another form of calming and empowering oneself.

Build a Support Network

- Surround yourself with friends and family who understand and support your journey towards calmness.
- Connect with support groups within your community, especially if they have had similar stressful or triggering experiences.

Set Realistic Goals

- Progress takes time. Set achievable goals for managing your anxiety and celebrate your successes along the way.
- Aim to practice self-care practices each month and try to add new techniques to build a robust toolkit.

Stay Active

- Regular physical activity is a powerful aid to mental health.
- Build movement into your daily routine to reduce stress and improve your overall well-being.

Be Flexible

- Be open to adjusting your coping strategies as you discover what works best for you.
- Accept that some days may be more challenging than others, and that it is perfectly okay to adapt your approach.