A SMALL WORKBOOK FOR EVERYDAY STRESS AND ANXIETY

Your Calm Toolkit

Small steps can help you feel more grounded.

Stress is a natural response to pressure or uncertainty. You might notice it in your body, thoughts, emotions, or actions. Learning your early signals can help you choose what you need next.

NOTICE YOUR SIGNALS

Body: tight shoulders, fast heartbeat, upset stomach, headaches

Mind: racing thoughts, trouble concentrating, expecting the worst

Feelings and actions: irritability, withdrawal, restlessness, avoidance

What are your first signs of stress?

A gentle check-in

Right now, my stress feels like (circle one): low / medium / high

One thing I wish I had more of today:

There is no perfect way to feel calm. Start with noticing.

TRY A SKILL, THEN NOTICE WHAT CHANGES

Ground Yourself

1 The 5-4-3-2-1 senses exercise

Look around and gently name:

- ◯ 5 things you can see
- ◯ 4 things you can feel
- ◯ 3 things you can hear
- ◯ 2 things you can smell
- ◯ 1 thing you can taste (or one comforting thing you remember)

2 Breathe at a comfortable pace

Try breathing in gently for 4 counts and out for 6 counts, for a few rounds. Keep your breath natural; do not force it or hold it. If counting feels uncomfortable, skip it.

3 Find one point of support

Place both feet on the floor, feel the chair supporting you, or press your palms together. Describe the sensation in simple words: warm, steady, soft, firm.

Which exercise helped most? What did you notice?

If a technique increases discomfort, stop and choose another.

CHOOSE OPTIONS THAT FIT YOUR DAY

Build Your Coping Menu

Calming strategies are personal.

Some skills help in the moment. Others lower stress over time. Choose a few that are realistic and accessible to you.

WHEN I NEED A QUICK RESET

Drink water | Stretch | Step outside | Name five things I see

My own idea: _____

WHEN I NEED COMFORT

Listen to music | Wrap up in a blanket | Talk to someone | Rest

My own idea: _____

WHEN I NEED SUPPORT

Text a trusted person | Ask for help | Schedule a therapy visit

My own idea: _____

One small thing I can try this week:

_____

KEEP THIS PAGE SOMEWHERE EASY TO FIND

My Personal Calm Plan

My early warning signs

Three coping tools I want to try

A person or place that helps me feel supported

One kind thing I can say to myself

You deserve support.

TEW offers therapy and medication management through telehealth across Maryland. Learn more: therapeuticempowerwellness.com

This workbook is educational and is not a substitute for individualized care. If you are in immediate danger, call 911. For suicide or emotional crisis support in the U.S., call or text 988.