



Finding Calm Therapy

5-Step Stress Toolkit

A gentle, practical guide to help you feel more grounded when stress takes over

Step 1: Pause & Ground Your Body (1–2 minutes)

Stress lives in the body first — this step helps your nervous system slow down.

Try this:

- Place both feet flat on the floor
- Take **3 slow breaths**, in through your nose and out through your mouth
- Name **5 things you can see**, **3 things you can feel**, and **1 sound you can hear**

Why it helps:

Grounding signals safety to your nervous system and can quickly reduce overwhelm.

Step 2: Name What You're Feeling (Without Judging It)

Stress often intensifies when emotions stay vague or unspoken.

Ask yourself:

- *What am I feeling right now?* (anxious, irritated, exhausted, sad)
- *Where do I feel it in my body?*

You don't need to fix it — just notice it.

Why it helps:

Naming emotions reduces their intensity and increases emotional regulation.

Step 3: Identify What's Actually In Your Control

Stress grows when everything feels urgent and overwhelming.

Write down:

- One thing you **can control today**
- One thing you **cannot control** (and can gently set aside)

Why it helps:

This step reduces mental overload and restores a sense of agency.



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Step 4: Choose One Small, Supportive Action

You don't need to solve everything — just take *one* supportive step.

Examples:

- Step outside for fresh air
- Drink water
- Stretch your shoulders or neck
- Send one important email
- Rest without guilt for 10 minutes

Why it helps:

Small actions interrupt stress cycles and build momentum without pressure.

Step 5: Offer Yourself Compassion

Stress often comes with self-criticism. This step softens that inner voice.

Try saying to yourself:

“This is hard right now — and I’m doing the best I can.”

Or ask:

- *What would I say to a close friend feeling this way?*

Why it helps:

Self-compassion lowers stress hormones and supports emotional resilience.