

MY CALM PLAN™

STOP

- ☐ Sense your feet on the floor
- ☐ Take 3 breaths (in for 3, out for 6)
 - ☐ Open peripheral vision
 - ☐ Pick one small thing to do

Emergency Numbers:

Partner: _____

Trusted friend: _____

Crisis line: _____

QUICK REMINDERS

- "This feeling will pass"
- "My child is not giving me a hard time, they're having a hard time"
- "I can do hard things"
- "Repair is always possible"

After you're calm:

- Drink water
- Eat something
- Move your body
- Call someone who gets it
- Remember: you're human, not perfect