

## HOW TO FIND YOUR CALM



In this busy world we are often rushing around, without any real thought as to how the busyness is affecting our physical health and mental wellbeing. When we rush around, we lose clarity and our mind can become foggy leading to overwhelm. Our busyness can affect our loved ones, our work colleagues, our productivity, our health.

To maintain CALM when we are rushing around, especially on the lead up to the Christmas Holidays, Christmas Day and all the days in between up to and including New Year, is often a struggle and something we seldom think about.

One definition of CALM (source Cambridge Dictionary) – Peaceful, quiet and without worry

Another definition of CALM (source Oxford Dictionary) – Not showing or feeling nervousness, anger, or other strong emotions.

How do you find your CALM? How do you become peaceful and quiet your mind? Is it really possible not to worry, with all the things on your to do list?

I expect you are wondering how on earth you can CALM yourself sufficiently, especially when you have 101 things on your to do list. When you CALM yourself, it is not just you that benefits. Everyone else around you will benefit too.

By putting yourself first and learning to recognise the signs when you react in a way that does not serve you, is the greatest gift. CALM is a state of mind. Of course, it is easy to say that when you are feeling CALM, but what when you are not feeling CALM.

Being aware of what you have going on in your life that can push you away from CALM and towards feelings of anxiety, panic, overwhelm, stress is very important. This is about being mindful, getting to really know yourself and being self-aware. Get to know and recognise your triggers and start to practice CALM habits. Trying out different ways of maintaining CALM, finding CALM, living CALMLY will serve you. Being CALM is better for you physical health and mental wellbeing, benefits those around you and will help keep you happier and more fulfilled.

1. List out all the things that you know cause you to be overwhelmed, anxious, nervous, worry. Think about all the things you do in a day, week, month. This will help you to see what things are taking up your time and where you are being pulled in lots of

different directions. The reason for this is so that you can get to know and be very aware of the things that could cause you to not be CALM.

Knowing when situations, things, circumstances or people are going to move you away from being CALM will help you prepare for those times or better still avoid them.

---

---

---

---

---

2. List out all the things that you do when you are overwhelmed, anxious, panicked, reacting in a way to situations that is not CALM. Really take the time to focus in on how you, your mind, your body reacts when you are not CALM. List down everything you do or even don't do. You might include things like – eat junk food, shout, jump from one job to the next without completing anything.

It is really important to get to know how you are currently doing NOT being CALM.

---

---

---

---

---

When you are aware of how you react when you are not being CALM, so, when you are anxious, stressed, overwhelmed.

There are many things you can do to help maintain your CALM, or when you feel yourself getting anxious, frustrated, overwhelmed, angry, worried you can implement to return to CALM, or more quickly restore your balance.

BREATHING	<p>Calm breathing involves taking smooth, slow, and regular breaths. Sitting upright is usually better than lying down or slouching, because it can increase the capacity of your lungs to fill with air. It is best to 'take the weight' off your shoulders by supporting your arms on the side-arms of a chair, or on your lap.</p> <ol style="list-style-type: none"> <li>1. Take a slow breath in through the nose, breathing into your lower belly (for about 4 seconds)</li> <li>2. Hold your breath for 1 or 2 seconds</li> <li>3. Exhale slowly through the mouth (for about 4 seconds)</li> <li>4. Wait a few seconds before taking another breath</li> </ol>
STOP	Saying to yourself – STOP. You are breaking the state of what you are currently doing that might be leading to you becoming anxious or worried or stressed for example.
MEDITATION	Known for its benefits on the mind and helping with clarity and CALM. You can incorporate into your morning, anytime during the day when you need to feel CALM or last thing at night.
NATURE	Going for a walk outside. Getting some fresh air and filling your lungs, stretching your legs. Again, this is a change in your state from what you are doing to instead do something else.
TAKE A BREAK	Move away from where ever you are – your desk, your partner, your children, your colleague. Taking a 5-10 minute break just to clear your head.
PUT YOUR PHONE AWAY	Take a break from your phone, social media, pings of emails.
DRINK WATER	Have a glass of water. Just the task of pouring a glass and drinking it means you are focussing on something else.
STARTING YOUR DAY CALM	Introduce a morning routine. Before the house wakes up and your busy day starts, having a morning routine is a great way to set your intention. Waking up a little earlier than everyone else in your house and gifting yourself 30-60 minutes of intentional time will help start your day of in a CALM manner and help to see you through for the whole day.
SPEAK OUT	If you are struggling, talk. Find someone to talk to about how you are feeling. If you sense that you are becoming anxious or beginning to have other strong feelings around being anxious, talking about how

	you are feeling will help you greatly. If you are angry or upset by someone else telling them will also help you maintain your calm. You have the right to voice how you feel. Taking a moment to gather your thoughts, breathe deeply and then speak how you are feeling.
CREATE	Get creative. Find your inner creative self. Express yourself in drawing, painting, writing, knitting, needlecraft are all great ways to help you find CALM.
TIME OUT	This should not be seen as a punishment, but instead as a way to just step away from any situation that causing you to not feel CALM.
MUSIC	Play some feel-good music. Create a playlist on your phone or IPOD as your go to Uplifting music, choose slower tempos for CALM. Music is known to have great mood lifting powers.

3. Now I would like you to list out all the things you can do to help you maintain your CALM. You might find some of the ones I have listed help you. You might have some of your own. Make sure you consider everything and make a note of it here. Over time you might find that some suit you better than others. It is OK if meditation is not your thing. You will simply find things that work for you. However, make sure you keep this list for CALM on you. When you feel overwhelmed or you are struggling, this is your CALM list.

---



---



---



---

FIND YOUR CALM!