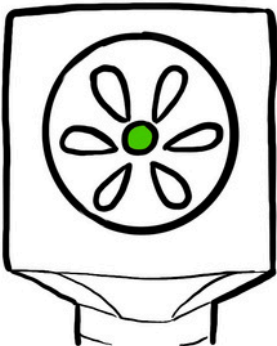


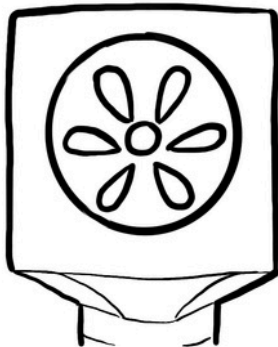
# How to Use Your CalmWand



least calm → most calm



when center light is **ON**,  
breathe **IN**



when center light is **OFF**,  
breathe **OUT**

## SAVOR

savor the memory of a  
positive experience

## REASSURE

put your hand on  
your heart, slow  
your breathing, and  
repeat "i am safe"

## BREATHE

breathe in when the  
center light is **ON**,  
breathe out when  
the center light is  
**OFF**

## EXPERIMENT

try other calming  
strategies with your  
CalmWand

## WARM HANDS

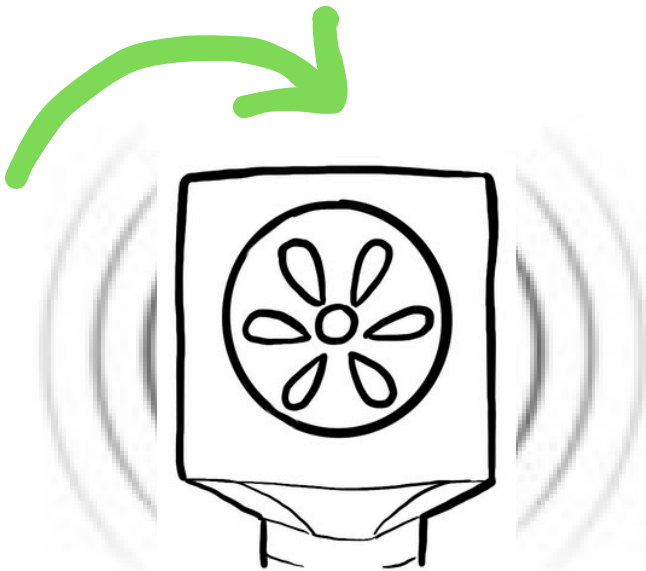
repeat "my hands and  
legs are heavy and  
warm." "my  
heartbeat is calm  
and regular."

## LISTEN

listen to calming  
music

## VISUALIZE

imagine being in a  
beautiful warm  
place, or elsewhere  
where you feel safe.



## GOOD THINGS:

lights change color in a **clockwise** direction  
**vibration** when the lights change

If you notice these things, it shows that you  
are heading in the right direction!

# How to Use Your CalmWand



**Turn it on**

**We recommend two daily sessions of 10 minutes each.**



**Have hand sensor facing the palm**

**Studies show you will sleep better and be more calm with regular use.**



**Close hand comfortably**

**With practice, you will learn what it feels like to be physiologically calm and how to get there -- even without the CalmWand!**