



# CALMING YOUR MIND JOURNAL

"Within you, there is a stillness and a sanctuary  
to which you can retreat at any time."

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# INTRODUCTION

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Welcome to your Calming Your Mind Journal, a sanctuary designed to guide you towards greater tranquility and inner peace.

In this journal, you'll find prompts and practices aimed at soothing your thoughts, nurturing your well-being, and cultivating a sense of calm in your daily life.

By engaging with these exercises, you can explore and embrace techniques that help center your mind, reduce stress, and enhance your overall sense of serenity.

Take a moment each day to connect with yourself, reflect on your experiences, and cultivate a peaceful mindset. Your journey to a calmer, more centered you starts here.



# INSPIRATIONAL QUOTES



*"Calm is the key to happiness and inner peace."*

Mahatma Gandhi

*"In the midst of chaos, find your calm."*

Lao Tzu

*"When you are at peace with yourself, you are at peace with the world."*

Buddha

*"Calm is the mind that is not disturbed by the storms of the world."*

Swami Sivananda

*"We cannot control the waves, but we can learn to ride them."*

Jon Kabat-Zinn

*"Peace is not just the absence of war.  
Peace is the presence of love and compassion."*

Dalai Lama

*"The mind is everything. What you think, you become."*

Buddha

# CREATE YOUR CALM CORNER



Date : MM/ DD/ YYYY

*Having a calm space in your home can help you pause, breathe, and reset. It does not need to be big or perfect – just somewhere you feel at ease.*

List a few quiet places where you might set up your calm corner. These could be entire rooms or small areas within a room.

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What would you include to support your calm? Choose items that comfort or relax you – such as soft cushions, gentle lighting, a journal, music, or calming scents.

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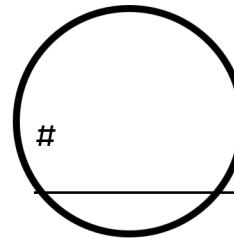
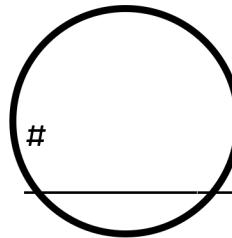
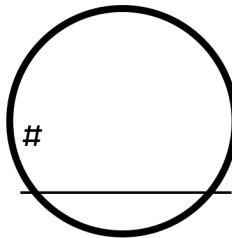
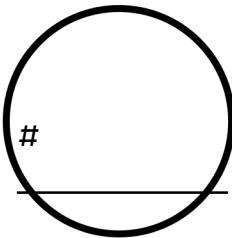
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What colours would you use in your calm space?  
Pick shades that help you feel peaceful and relaxed.



Start date for creating your calm corner: \_\_\_\_\_

Target completion date: \_\_\_\_\_

I promise to create this space for myself – not just as a physical corner, but as a way to remind myself that I deserve time, care, and calm. I will use it when I feel overwhelmed, anxious or simply need a pause.

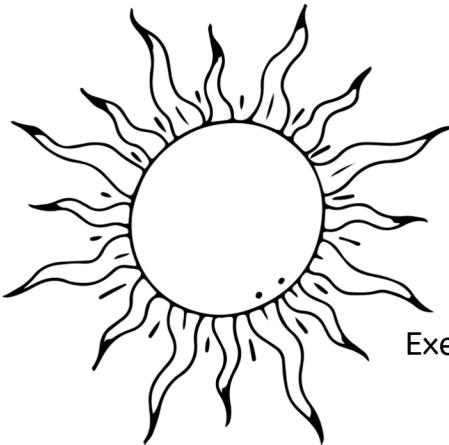
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# RITUALS AND ROUTINES



Date: MM/ DD/ YYYY

Daily routines help bring structure, reduce stress, and set the tone for a calmer day. Use the space below to design a morning and evening routine that supports your wellbeing.



## *Morning Routine*

Wake-up time: \_\_\_\_\_

Quiet or reflection time: \_\_\_\_\_

Breakfast Time: \_\_\_\_\_

Exercise or movement Time: \_\_\_\_\_

Other helpful habits: \_\_\_\_\_

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## *Evening Routine*

Bedtime: \_\_\_\_\_

Wind-down time: \_\_\_\_\_

Quiet or reflection time: \_\_\_\_\_

Other helpful habits: \_\_\_\_\_



*What reminder or habit will help you start your routine each day?*

*(e.g. lighting a candle, making a cup of tea, changing clothes)*

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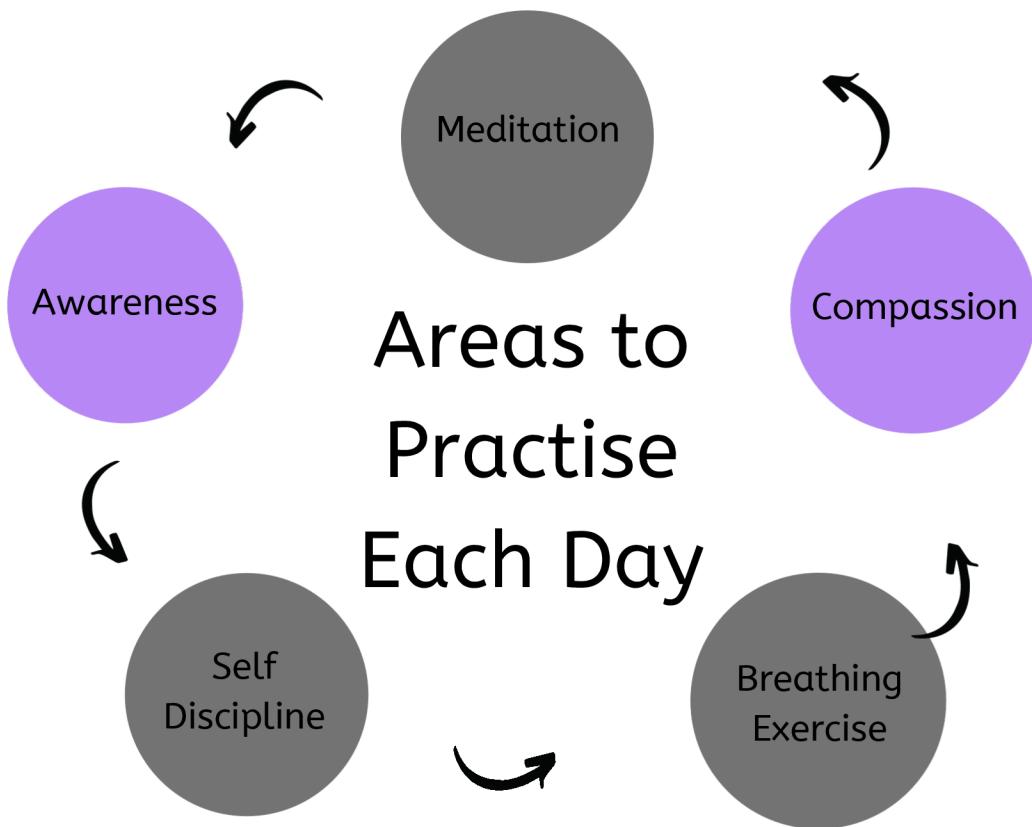
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# DAILY CALM REFLECTION



Date: MM/DD/ YYYY



*Use the next page to reflect on your progress towards calm each day.  
Small steps build lasting change.*

Moments of Calm Today; *When did you feel most at ease?*

Techniques Used; *What helped you find calm?*

Emotional Reflections; *How did you feel today?*

Positive Observations; *What went well?*

Areas for Improvement; *What would you like to work on?*

Tomorrow's Calm Goal; *A small step I will take:*

# DAILY CHART FOR CALMING



Date:MM/ DD/ YYYY

# *Moments of Calm Today*

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## *Techniques Used*

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## *Emotional Reflections*

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## *Positive Observations*

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## *Areas for Improvement*

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## *Tomorrow's Calm Goal*

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# SELF-COMPASSION REFLECTION



*What are you criticising yourself about today?* \_\_\_\_\_

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*What emotions are you feeling?* \_\_\_\_\_

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*What tone, phrases, or words are you using towards yourself?* \_\_\_\_\_

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*If a good friend felt this way, what would you say to them?* \_\_\_\_\_

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*If you spoke to yourself calmly and kindly, what would you say?* \_\_\_\_\_

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*How could you change these thoughts to be more positive and gentle?* \_\_\_\_\_

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*In one week, one month, or one year, will this still feel important? Can you let go of some of this now?* \_\_\_\_\_

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# DAILY MINDFULNESS PRACTICE



Date : MM/DD/ YYYY



**FOCUS:** BEING PRESENT IN THE MOMENT



**ACTIVITIES:** MINDFUL BREATHING, SENSORY OBSERVATION



**OBJECTIVE:** CALM THE MIND AND IMPROVE FOCUS.



**TIP:** PRACTISE FOR 5 MINUTES EACH MORNING.

## INSTRUCTIONS FOR USE:

- **Find a quiet space:** Sit somewhere peaceful where you will not be disturbed.
- **Focus on your breathing:** Close your eyes. Breathe in slowly and deeply. Notice the air moving in and out.
- **Notice your senses:** Listen to sounds around you. Notice any smells, textures, or tastes. Observe them without judgement.
- **Stay present:** Let your thoughts come and go without holding onto them. Gently bring your focus back to your breath or senses when needed.
- **Be consistent:** Aim to practise for 5 minutes each morning to build a steady habit of mindfulness.

Use this sheet as your daily guide to feel more grounded and calm throughout the day.

# VISUALIZATION TECHNIQUES



Date : MM/DD/ YYYY

- **Focus:** Creating calming mental images.
- **Activities:** Guided visualisation, building a "safe place" in your mind.
- **Objective:** Reduce anxiety and increase inner calm.
- **Tip:** Use vivid details that engage all your senses.

## *Settle In:*

Take a few slow, deep breaths to relax your body and clear your mind.

## *Breathe deeply:*

Start with a few deep breaths to relax your body and clear your mind.

## *Visualise:*

Picture a peaceful scene – such as a beach, forest, or garden. Imagine what you can see, hear, feel, and smell.

## *Create your safe place:*

Build a mental space that feels secure and calming. Add small details to make it personal and vivid.

## *Stay Present:*

If your mind wanders, gently bring it back to your calming scene.

## *End Gradually:*

After a few minutes, slowly open your eyes. Take one deep breath and carry this sense of calm with you.

**USE THIS PAGE TO PRACTISE  
CALMING YOUR MIND  
THROUGH THE POWER OF  
IMAGINATION.**

**Notes and reflections:**



# CALMING RESOURCES



*MUSIC*

*ACTIVITIES*

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*FAMILY/FRIENDS*

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*FILM/VIDEOS*

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*FOOD/DRINK*

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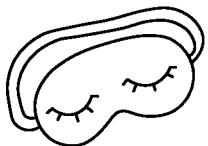
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# CALMING CHECKLIST

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Sleep for at least 8 hours.



Take a relaxing bath or shower.



Eat nourishing, healthy foods.



Read a book that brings  
you joy or peace.



Move your body gently –  
stretch, dance, or exercise.



Spend time outdoors, such as  
walking in the park.



Create a simple spa experience at  
home (candles, music, relaxation).



Try journaling to clear your mind  
and reflect on your day.



# CALMING JOURNAL



|     |  |
|-----|--|
| MON | Today I am grateful for:<br><br>One thing that made me smile:<br><br>I felt relaxed when...                          |
| TUE | Something that brought me peace today:<br><br>Today I took care of myself by...<br><br>I felt connected when:        |
| WED | A moment of calm I enjoyed today...<br><br>Something positive I noticed today...<br><br>Today I felt at ease when... |
| THU | I showed kindness today by...<br><br>A small victory I celebrated today...<br><br>I felt supported when...           |
| FRI | One thing I let go of today...<br><br>A simple pleasure I enjoyed today...<br><br>I felt content when...             |
| SAT | Something that made me feel peaceful today:<br><br>Today I appreciated...<br><br>I felt balanced when...             |
| SUN | A quiet moment I cherished today...<br><br>Something that helped me relax today...<br><br>I felt grounded when...    |

# CALMING CHECKLIST

~~Calmness is not just something we do. It is a gentle commitment to caring for our inner peace. How will you nurture your sense of calm this week?~~

| Calmness Self-Care Activities         | M | T | W | T | F | S | S |
|---------------------------------------|---|---|---|---|---|---|---|
| Practise deep breathing or meditation |   |   |   |   |   |   |   |
| Spend time in nature                  |   |   |   |   |   |   |   |
| Listen to calming music               |   |   |   |   |   |   |   |
| Light a candle or use essential oils  |   |   |   |   |   |   |   |
| Take a long bath or shower            |   |   |   |   |   |   |   |

| Mind & Soul Self-Care                        | M | T | W | T | F | S | S |
|--|---|---|---|---|---|---|---|
| Write down three things you are grateful for |   |   |   |   |   |   |   |
| Read or listen to something inspiring        |   |   |   |   |   |   |   |
| Engage in a creative activity                |   |   |   |   |   |   |   |
| Take a screen-free break                     |   |   |   |   |   |   |   |
| Spend time with pets or animals              |   |   |   |   |   |   |   |

| Emotional Self-Care                     | M | T | W | T | F | S | S |
|---|---|---|---|---|---|---|---|
| Practise daily gratitude                |   |   |   |   |   |   |   |
| Spend time with a loved one             |   |   |   |   |   |   |   |
| Foster a positive mindset               |   |   |   |   |   |   |   |
| Seek support from a friend or therapist |   |   |   |   |   |   |   |
| Journal your thoughts and feelings      |   |   |   |   |   |   |   |

# CALMING ASSESSMENT



Take a few quiet moments to reflect on who you are and what brings you calm.  
Complete each sentence with your honest thoughts.

I AM A HUMAN BEING THAT...

|                             |  |
|-----------------------------|--|
| <i>LOVES</i>                |  |
| <i>WANTS TO</i>             |  |
| <i>IS DRIVEN BY</i>         |  |
| <i>IS INSPIRED BY</i>       |  |
| <i>HAS A HABIT OF</i>       |  |
| <i>IS CALM WHEN</i>         |  |
| <i>BELIEVES IN</i>          |  |
| <i>WOULD GIVE</i>           |  |
| <i>WILL ONE DAY</i>         |  |
| <i>FINDS PEACE IN</i>       |  |
| <i>FEELS CONNECTED WITH</i> |  |
| <i>IS AFRAID OF</i>         |  |

# THOUGHT AWARENESS



Date: MM/ DD/ YYYY

Take a few quiet minutes to explore your thoughts during a stressful moment. This exercise can help you understand your thinking and gently shift your perspective.

## *Step 1: Notice Your Thoughts*

Think about a recent stressful situation. Let your thoughts flow without stopping them. Just observe and write down what comes up.

Negative  
Thoughts

## *Step 2: Challenge Those Thoughts*

Look at each thought. Ask yourself: Is this true? Is it helpful?  
Is there another way to see it?

Rational  
Thoughts

## *Step 3: Replace with Something Calmer*

Now, create a more supportive inner voice. These can be gentle reminders, truths, or affirmations that bring calm and clarity.

Positive  
Thoughts

# MAINTAINING CALM



Date: MM/ DD/ YYYY

Try to reflect on a real experience from your own life. This can help you better understand what makes it difficult to stay calm. By noticing your patterns – in thoughts, feelings, and behaviours – you may begin to recognise what disrupts your calm and what helps restore it.

**Situation**

*Feelings*

*Thoughts*

*Physical Symptoms*

*Behaviours*

# CALMING EXERCISES



Date: MM/ DD/ YYYY

This activity helps you explore a stressful moment, understand how it affects you, and apply calming techniques to respond more gently.

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-----|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|-----|

1

## SITUATION

- I WAS STUCK IN TRAFFIC AND RUNNING LATE.

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2

## ASSOCIATED THOUGHTS

- I WILL NEVER GET THERE ON TIME.

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3

## EMOTIONS

- FRUSTRATION, ANXIETY, IRRITATION

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4

## INCREASE CALM

- DEEP BREATHING

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- ACKNOWLEDGE THE SITUATION

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- FOCUS ON SOMETHING POSITIVE

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- MENTAL RELAXATION

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*Reflections:*

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*Goals for tomorrow:*

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# CALMING EXERCISES



Date: MM/ DD/ YYYY

**Purpose:** To relax your body and quiet your mind.

## STEPS

### CHOOSE YOUR EXERCISE

- **Stretching** – Gently move your arms, neck, and legs to release tension.
- **Light yoga** – Try calming poses like Child's Pose or Cat-Cow to ease your muscles.
- **Progressive muscle relaxation** – Tense each muscle group for 5 seconds, then release. Start from your toes and work up to your head.

### FOCUS ON YOUR BREATHING

- Breathe in slowly through your nose, hold for 4 seconds, then breathe out through your mouth.
- Match your movement to your breath.



### STAY PRESENT

- Notice how your body feels.
- If you sense any tension, soften that area with each exhale.
- Bring your attention back to your breath if your mind drifts.

### DURATION

- Spend 5–10 minutes on the exercise.
- Repeat any time during the day when you need a reset.

### Pro Tips:

Play calming music or nature sounds to help you relax.  
Practise in a quiet, comfortable space where you feel at ease.

### Goal:

To ease physical tension, reduce stress, and bring your focus back to the present moment.

# BREATHING TECHNIQUES



## BOX BREATHING

### INSTRUCTION

Inhale through your nose for 4 counts  
hold for 4 → exhale through your mouth for 4 → hold again for 4.  
Repeat for 5 cycles.

### BENEFIT

Regulates your nervous system, reduces anxiety, and improves focus.

## 4-7-8 BREATHING

### INSTRUCTION

Inhale through your nose for 4 counts  
hold for 7 → exhale slowly through your mouth for 8. Repeat 4–5 times.

### BENEFIT

Calmsthe mind, slows the heart rate, and supports better sleep.

## DIAPHRAGMATIC BREATHING

### INSTRUCTION

Place one hand on your chest and the other on your belly. Inhale deeply through your nose and let your belly rise. Exhale through your mouth and feel your belly fall. Focus on breathing from your diaphragm, not your chest.

### BENEFIT

Improves oxygen flow, calms the nervous system, and supports emotional balance.

## ALTERNATE NOSTRIL BREATHING

### INSTRUCTION

Close your right nostril with your thumb and inhale through the left.  
Close your left nostril with your ring finger, release the right, and exhale.  
Now inhale through the right, close it, and exhale through the left.  
Repeat for 5–10 cycles.

### BENEFIT

Balancesboth sides of the brain, steadies the breath, and eases anxiety.

## RESONANT BREATHING

### INSTRUCTION

Breathe in slowly for 5 seconds, then breathe out for 5 seconds.  
Keep a steady rhythm and continue for a few minutes.

### BENEFIT

Helpsyour breath and heart rate work together, promoting relaxation and reducing anxiety.

# SOOTHING MANTRAS FOR CALM



Date : MM/DD/ YYYY

Mantras are simple, positive phrases that you repeat to yourself to create a sense of calm and focus.

Choose one that feels meaningful to you, or create your own.  
Here are some examples:

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I breathe in calm and breathe out tension.

---

I can handle this, one step at a time.

---

I let go of what I cannot control.

---

I choose peace over pressure.

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With each breath, I return to myself.

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I am doing the best I can – and that is enough.

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I let go of what I cannot change and focus on what I can.

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I allow myself to slow down and be still.

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I can pause, breathe, and begin again.

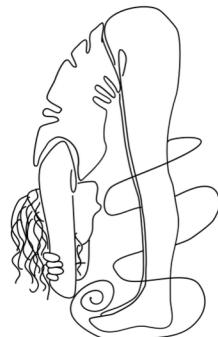


Repeat your mantra during meditation, while getting ready in the morning, or anytime you need to feel grounded. Over time, it can help centre your thoughts and set a calming tone for your day.

# YOGA POSES FOR CALM

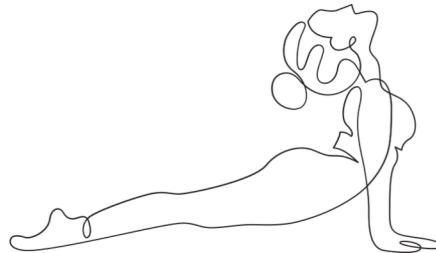


These gentle yoga poses can help release tension in your body and quiet your mind. You can practise them individually or in a short sequence whenever you need to slow down.



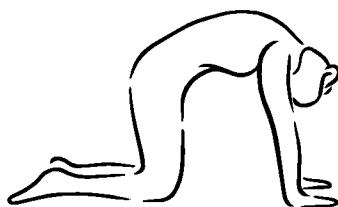
**FORWARD FOLD (UTTANASANA)**

Soothes the mind and body.  
Gently relieves stress and anxiety  
while releasing tension in the  
lower back and legs.



**COBRA POSE (BHUJANGASANA)**

Boosts energy and reduces  
fatigue. Opens the chest,  
improves posture, and helps lift  
mood when feeling low or tense.



**CAT-COW POSE (MARJARYASANA)**

Brings movement and flow to the spine.  
Relieves tension and restlessness,  
helping to calm the nervous system  
through rhythmic motion.



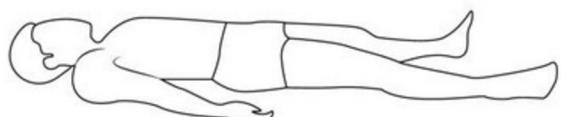
**CHILD'S POSE (BALASANA)**

Offers a sense of rest and safety.  
Calms the mind, gently stretches  
the back, and supports emotional  
release.



**EASY POSE (SUKHASANA)**

Encourages stillness and focus. Helps  
settle the mind and supports slow,  
steady breathing – ideal for meditation  
or calming the nervous system.



**CORPSE POSE (SAVASANA)**

Encourages total relaxation.  
Helps the body and mind fully let  
go, supporting deep rest,  
recovery, and inner peace.

# STRESS RELIEF TECHNIQUES



Date : MM/DD/ YYYY

## Deep Breathing

Inhale slowly through your nose for 4 counts → hold for 4 → exhale through your mouth for 6.  
Repeat 5 times to help your body relax and reset.

## Journaling

Write freely for 5–10 minutes about your thoughts, feelings, or worries.  
Finish with one small positive thought or something you are grateful for.

## Physical Activity

Move your body in a way you enjoy – go for a walk, stretch, or do a short workout.  
Exercise helps release stress and boost mood.

## TECHNIQUES TO TRY

### Grounding Technique (5-4-3-2-1)

Notice your surroundings:

- 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

### Visualisation

Close your eyes and picture a peaceful place – such as a beach, forest, or garden.  
Imagine the sounds, colours, smells, and sensations to create a sense of calm.

### Muscle Relaxation

Start from your toes and slowly work up to your head.  
Tense each muscle group for 5 seconds, then release.  
This helps your body let go of stored tension.

Practise these techniques regularly, not just during stressful moments.

Try different methods to see what works best for you.

Use gentle reminders to pause and reset throughout your day.

# IMAGINATION POWER



Date: MM/ DD/ YYYY

Using your imagination can be a powerful way to relax, build confidence, and feel more in control. These simple exercises can help calm your mind and spark creativity.

01

## *Creative Visualisation*

Picture yourself achieving a goal or living out a dream. Imagine the sights, sounds, and feelings. Let yourself fully experience success and confidence

02

## *Daydreaming Breaks*

Take 5–10 minutes to let your mind wander. Imagine a peaceful place, a joyful moment, or a light-hearted adventure.

03

## *Storytelling*

Create a short story in your mind or on paper. Focus on positive themes that lift your mood or make you smile.

04

## *Mental Rehearsal*

Before doing something challenging, close your eyes and mentally practise the steps. Visualise yourself handling it with calm and confidence.

05

## *Mindscaping:*

Design a peaceful place in your imagination – a beach, forest, or any space that feels safe and soothing. Add colours, sounds, and textures. Visit it whenever you need to feel calm.

### **BE VIVID**

Involve all your senses – what do you see, hear, smell, feel, and maybe even taste?

### **STAY POSITIVE**

Focus on calm, safe, or joyful images.

### **PRACTISE REGULARLY**

Like any skill, the more you use your imagination, the more effective it becomes.

# WHAT THINGS MAKE ME FEEL CALM



Date: MM / DD / YYYY

Many things can help us feel more relaxed and balanced.

Noticing which activities, places, or habits soothe you can be a powerful way to manage stress and support your well-being. Use the space below to explore what brings you a sense of calm – no matter how small.

# POSITIVE VIBRATIONS



Date: MM/ DD/ YYYY

**SOUND THERAPY**  
Listen to calming music, nature sounds, or gentle audio like singing bowls or binaural beats. These sounds can relax your body and settle your mind.

**GRATITUDE PRACTICE**  
Write down three things you are grateful for each day. Pause to feel genuine appreciation as you reflect on each one.

**POSITIVE AFFIRMATIONS**  
Say or write affirmations like: "I am calm and centred." "I welcome peace into my life." Repeat them regularly to shape a more positive mindset.

**ENERGY CLEANSING**  
Use incense, essential oils, or sage to freshen your space. As you do, imagine any stress or negativity leaving your body and your environment.

**ACTS OF KINDNESS**  
Do small, thoughtful things for others – like offering a compliment, helping someone, or simply smiling. Kindness uplifts both the giver and the receiver.

**MOVEMENT & DANCE**  
Move your body in a way that feels joyful – through stretching, yoga, or dancing. Let the movement be free, expressive, and light.

MAKE THESE PART OF YOUR ROUTINE – EVEN A FEW MINUTES HELPS.

SPEND TIME WITH PEOPLE AND IN PLACES THAT LIFT YOU UP.

CHOOSE ACTIVITIES THAT BRING LIGHTNESS, NOT PRESSURE.

# GRATITUDE PRACTICE



Date: MM/ DD/ YYYY

Focusing on what you are grateful for can help lift your mood, reduce stress, and support a more positive outlook. These small daily habits can make a big difference over time.

## GRATITUDE JOURNAL

Write down 3–5 things you feel grateful for today. They can be big or small – anything that brought comfort, connection, or joy.



## MORNING GRATITUDE

Before getting out of bed, think of one thing you appreciate. Let this set a positive tone for your day.



## GRATITUDE MEDITATION

Close your eyes and take a few slow breaths. Think of someone or something you are truly thankful for. Stay with that feeling for a few moments.



## EXPRESS GRATITUDE TO OTHER

Tell someone you appreciate them. You could speak to them, send a message, or write a short note. Sharing gratitude strengthens relationships.



## GRATITUDE WALK

Take a gentle walk and look for things you can appreciate – the fresh air, the light, trees, or a smile from someone passing by.



### BE SPECIFIC

Instead of “I’m grateful for my family,” try “I’m grateful for my sister’s kind message today.”

### BE CONSISTENT

A few minutes each day brings lasting benefits.

### REFLECT

At the end of the week, read back what you wrote and notice the positive moments.

# EVENING REFLECTION LOG



Date : MM/DD/ YYYY

## *EVENING LOG*

THE BEST PART OF MY DAY WAS:

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THREE GOOD THINGS THAT HAPPENED TODAY:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

SOMEONE I AM GRATEFUL FOR TODAY:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

A MOMENT I FELT CALM OR AT PEACE TODAY:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

TOMORROW, I LOOK FORWARD TO:

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# DAILY GRATITUDE



Date: MM/ DD/ YYYY

*TODAY I'M FEELING:*

***POSITIVE AFFIRMATIONS***

*TODAY I'M GRATEFUL FOR:*

1

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2

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3

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*SOMETHING I'M PROUD OF:*

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***I WOULD LIKE MORE OF THIS:***

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***AND LESS OF THIS:***

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*MY FAVOURITE MOMENT OF THE DAY:*

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*TOMORROW I LOOK FORWARD TO:*

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# NATURE CONNECTION



Date: MM/ DD/ YYYY

## NATURE WALKS

Take a walk in a natural setting – a park, forest, or near water. Slow down and really notice your surroundings: the colours, sounds, textures, and scents.



## GROUNDING

Stand or sit barefoot on grass, soil, or sand. Focus on the feeling of the earth beneath you and take slow, steady breaths.



## OUTDOOR MEDITATION

Find a quiet spot outdoors. Sit comfortably, close your eyes, and focus on your breath. Let the sounds of birds, wind, or trees guide you into stillness.



## GARDENING

Spend time planting, watering, or simply being in the garden. Engage your senses – feel the soil, smell the plants, and notice the small details around you.



## NATURE VISUALISATION

If you cannot be outside, close your eyes and picture a calming natural scene. Use all your senses to imagine it: the breeze, the sounds, the light, and the feeling of being there.



## BRING NATURE INDOORS

Add natural touches to your home or workspace – such as plants, fresh flowers, stones, shells, or soft natural light. Create a small nature corner to return to when you need calm.



# SLEEP HYGIENE



Date: MM/ DD/ YYYY

Good sleep is essential for your mental and physical well-being. These simple habits can help you fall asleep more easily and wake up feeling more rested.

**1** *Maintain a Consistent Sleep Schedule:* Go to bed and wake up at the same time each day—even on weekends. This helps keep your body's internal clock steady.

**2** *Create a Relaxing Bedtime Routine:* Choose gentle activities before bed, like reading, taking a warm bath, or doing breathing exercises. These routines signal to your body that it is time to wind down.

**3** *Optimize Your Sleep Environment:*

- Make sure your mattress and pillows are comfortable and supportive.
- Keep your room dark, quiet, and cool. Try blackout curtains or white noise if needed.
- Dim the lights in the evening and avoid screens at least one hour before bed.

**4** *Limit Stimulants and Heavy Meals:* Avoid caffeine, nicotine, and large meals close to bedtime, as they can make it harder to fall asleep.

**5** *Be Mindful of Daytime Naps:* If you need a nap, keep it short (20–30 minutes) and avoid napping too late in the day.

*Notes*



# SLEEP HYGIENE



Date: MM/ DD/ YYYY

- 6 Stay Active:** Daily movement can help you fall asleep faster and sleep more deeply. Avoid intense exercise too close to bedtime.
- 7 Manage Stress and Anxiety:** Unwind with calming activities like journaling, mindfulness, or a quiet chat with someone. This can help ease your mind before sleep.
- 8 Limit Alcohol Consumption:** Alcohol may make you feel sleepy, but it often leads to disrupted sleep later in the night. Limit how much you drink in the evening.
- 9 Reserve Your Bed for Sleep and Intimacy Only:** Use your bed only for sleep and intimacy. Avoid watching TV, eating, or working in bed so your brain links it with rest.
- 10 Consider Natural Light Exposure:** Exposure to daylight helps keep your sleep-wake cycle in balance. Try to spend time outdoors each day, especially in the morning.

## SLEEP TRACKER

| DAY | PM                      | AM                      | SLEEP QUALITY   |
|-----|-------------------------|-------------------------|---|
| MON | 1 2 3 4 5 6 7 8 9 10 11 | 1 2 3 4 5 6 7 8 9 10 11 | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> |
| TUE |                         |                         | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> |
| WED |                         |                         | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> |
| THU |                         |                         | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> |
| FRI |                         |                         | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> |
| SAT |                         |                         | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> |
| SUN |                         |                         | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> |

# WEEKLY MINI CHALLENGE



Keep your phone on silent or do not disturb mode for at least 4 hours a day.



Sleep with your phone in another room.



Practise deep breathing once a day.



Write or send a thank-you note each day.



Do one puzzle or brain game each day.



Sit outside in the sun for 10 minutes each day.



Sit quietly and do nothing for 15 minutes each day.



# SELF-CARE RITUALS THAT SOOTHE (RECAP)



Date: MM/ DD/ YYYY

Practise simple skincare as a way to nurture your body with gentle attention.

Meditate to quiet your thoughts, steady your focus, and create inner calm.

Take time to do something that brings you peace, joy, or a sense of meaning.

Take a calming bath or shower. Use candles, soft music, or a relaxing scent.

Exercise to relieve built-up stress and refresh your body and your mind.

Stayin touch with your emotions – gently notice how you are feeling today.

Go outdoors to reconnect with nature, breathe fresh air, and slow your pace.

*It is important to care for yourself*  
– not just when things feel heavy, but as a regular part of your week. These small self-care practices can help calm your mind, ease tension, and bring more joy into your day.

NOTES:

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Date:MM/ DD/ YYYY

What is happening today?

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What is on your mind?

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How do you feel today?

| Level of calm & happiness | Feeling neutral or content | Level of stress & anxiety |
|---------------------------|----------------------------|---------------------------|
|                           |                            |                           |

What helped you feel calm or happy today?

Three words to describe today:

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# DECLUTTER YOUR MIND



Our minds can become cluttered, just like a messy home. Daily stress, unhelpful habits, and unfinished tasks can all fill our minds and make it harder to think clearly. Use the questions below to help reflect and reduce mental clutter.

What things in my home or work space feel like clutter and add to my stress?

Are there people in my life who make things more difficult? Who are they, and how can I lessen their impact?

How do I avoid tasks or distract myself? What do I usually do when I procrastinate?

# DECLUTTER YOUR MIND



When in my day could I practise focused breathing, even for a few minutes?

How could I fit a 20-minute calming or meditation session into my daily routine?

How might my life feel different if I reduced my mental clutter by half?

What negative thoughts come up often, and how do they affect my mood or actions?

# RIGHT NOW...



What do you do to relax when you feel stressed or anxious?

# RIGHT NOW...



What types of things usually increase your stress or anxiety?

What types of things usually increase  
your stress or anxiety?

# TRY NEW THINGS...

~~Make a list of calming activities you would like to try.~~

(Examples: breathing exercises, stretching, listening to music)

# TRY THIS...



Sit quietly in nature for 15 minutes.  
Look around and take in your surroundings.  
Write about how this feels:

# TRY THIS...



Watch the clouds float across the sky for 15 minutes.

Write about how this feels:

# TRY THIS...



Listen to calming music for 15 minutes.

Focus closely on the sounds.

Write about how this feels:

# TRY THIS...



Sit with your feelings for 15 minutes.

Do not try to change anything—just observe. Write about how this feels:

# TRY THIS...



Do some gentle, relaxing stretches for 15 minutes.

Write about how this feels:

# TRY THIS...



Switch off all distractions and focus on your breathing for 15 minutes.

Write about how this feels:

# TRY THIS...



Choose any object and draw it in as much detail as you can.

Write about how this feels:

# TRY THIS...



Free your imagination—write a short story.

Start with: Once upon a time...

# NOTES

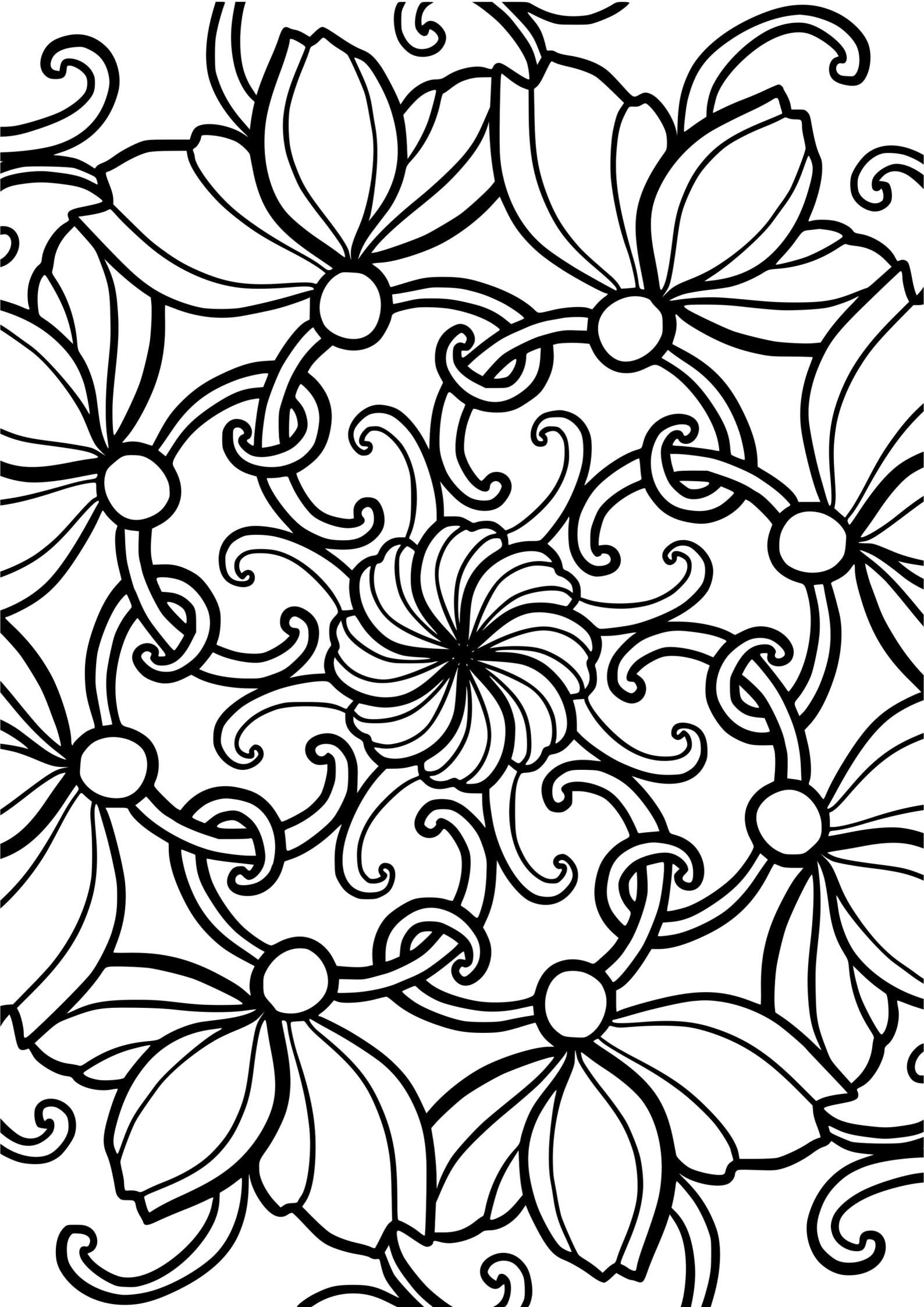


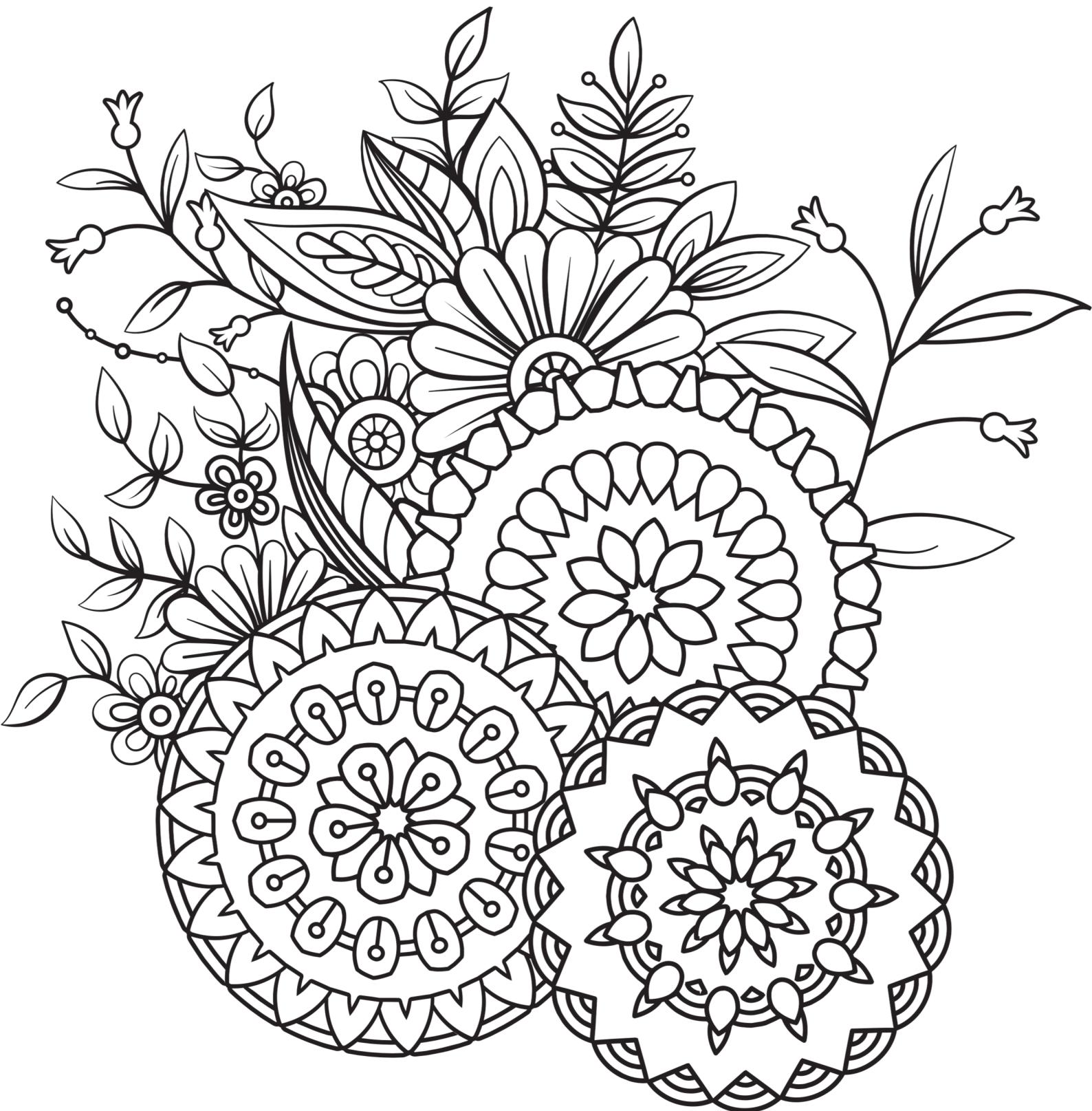


# CALMING YOUR MIND

# COLORING PAGES





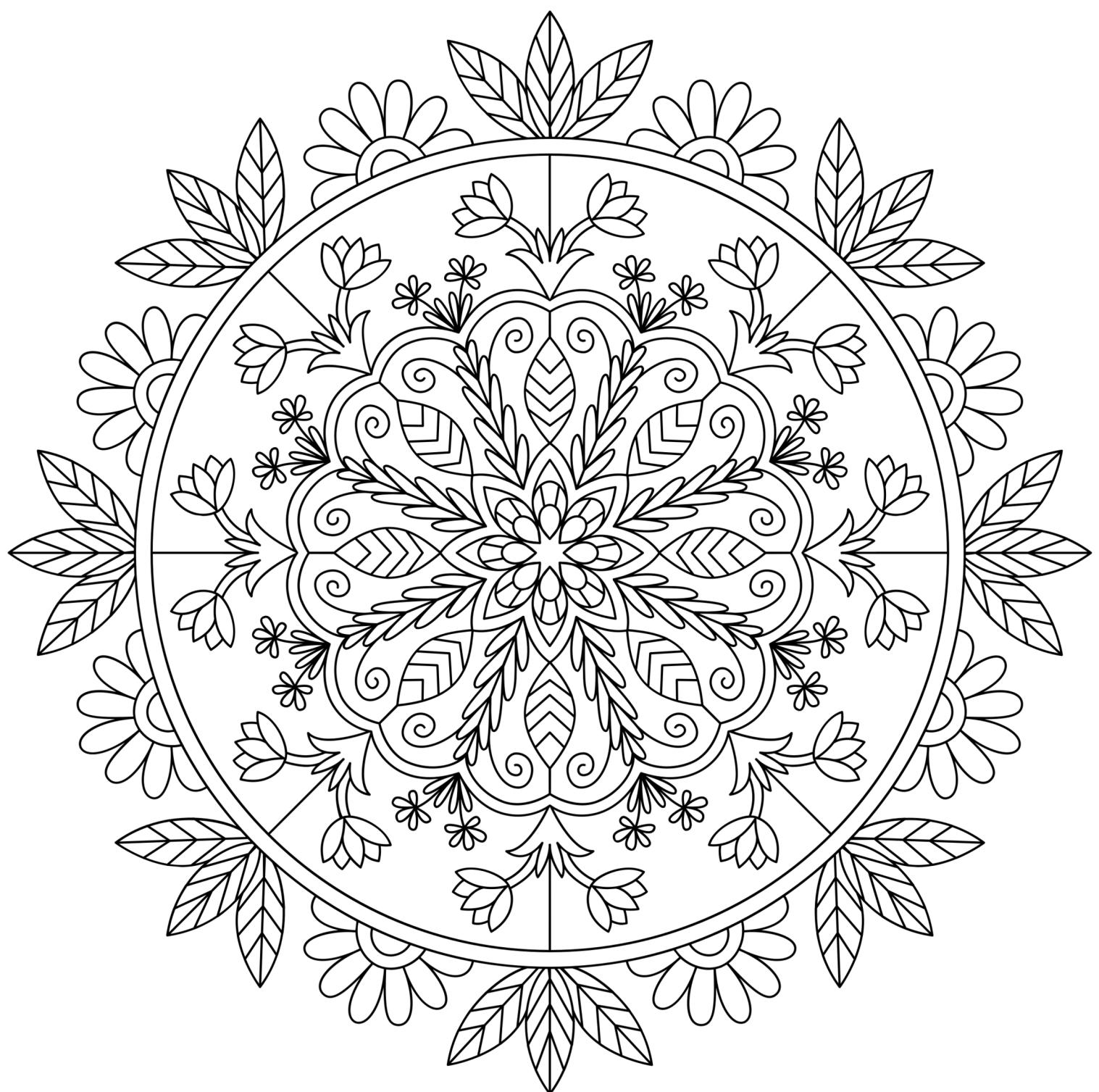


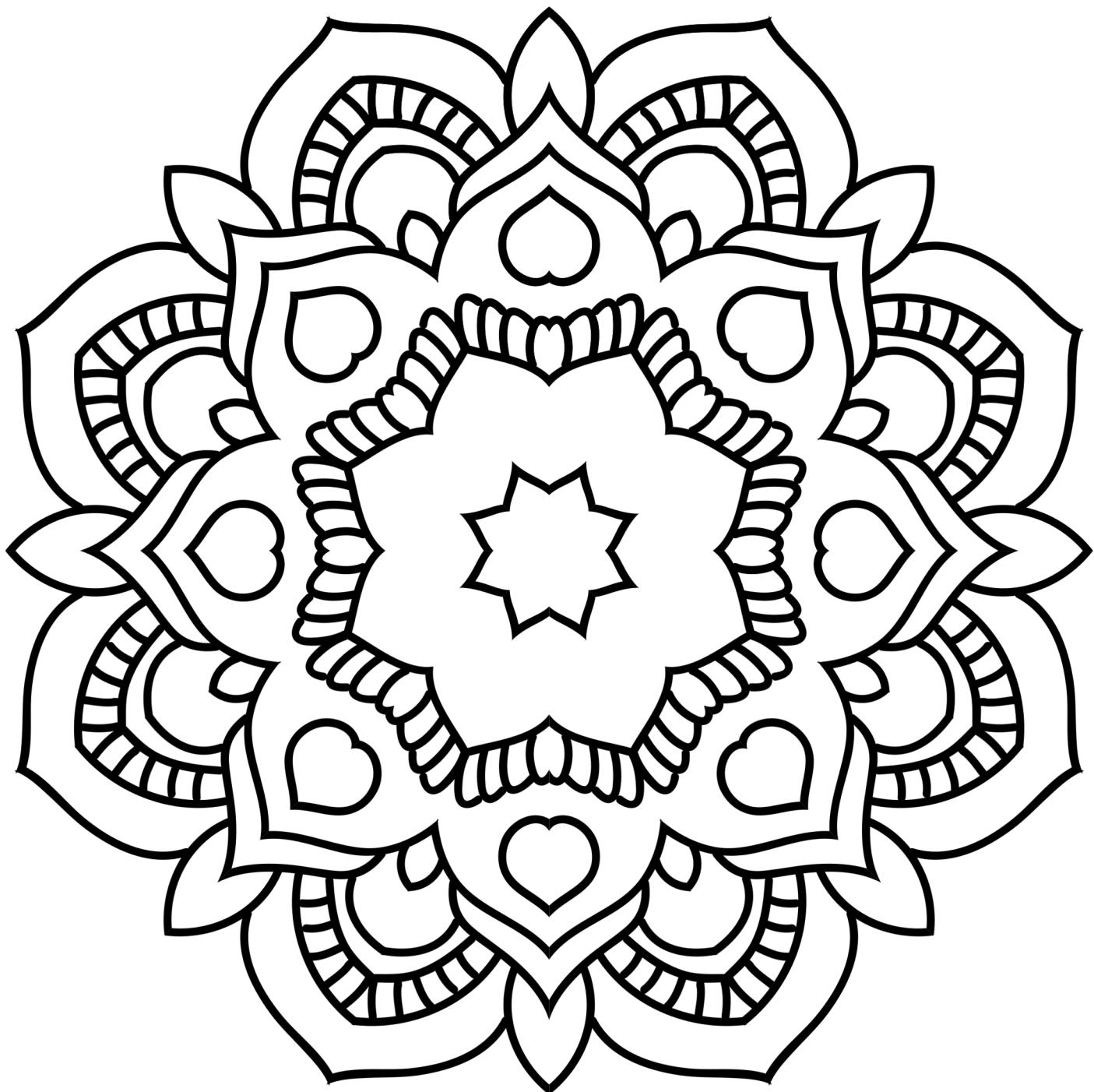


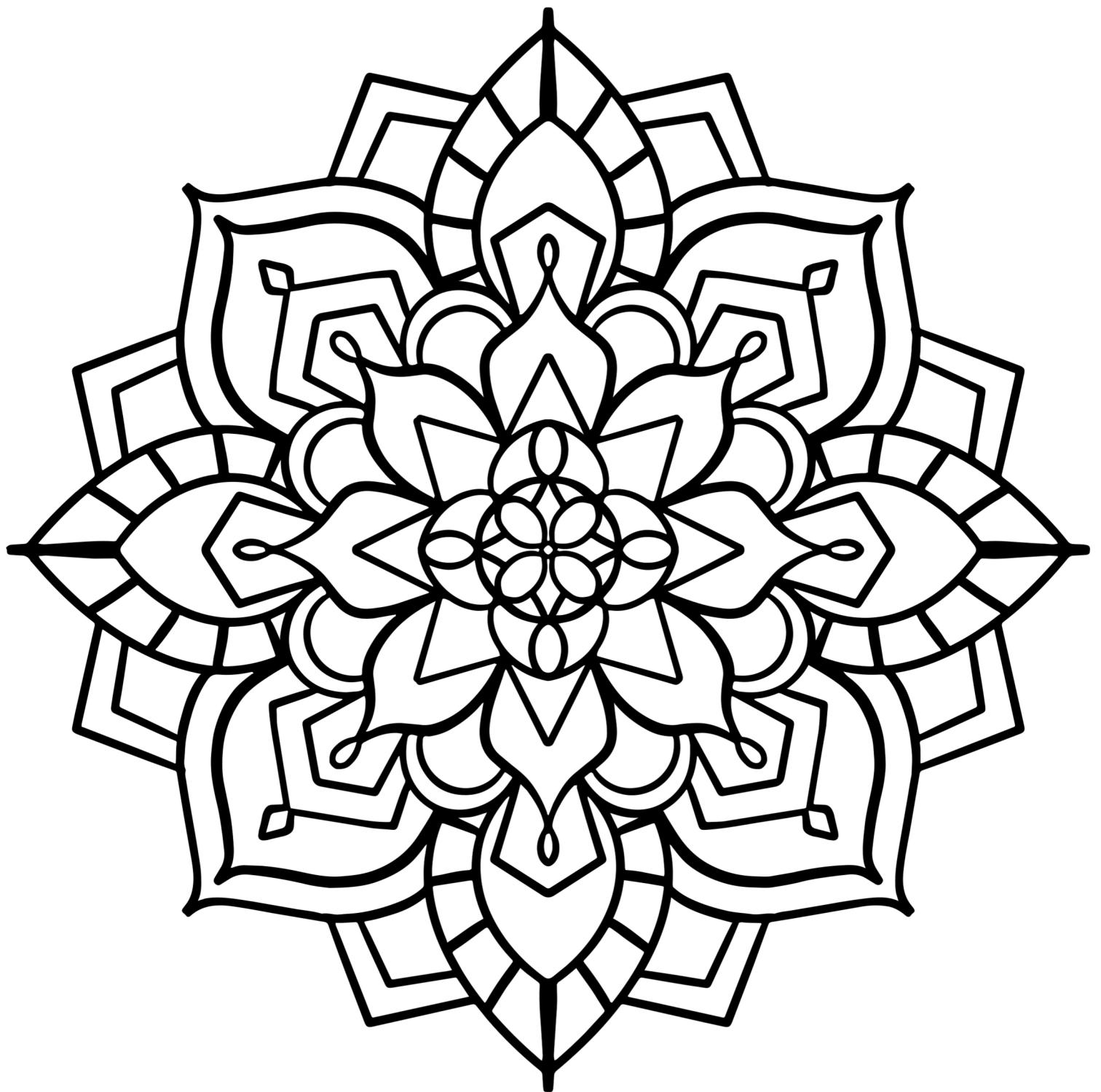


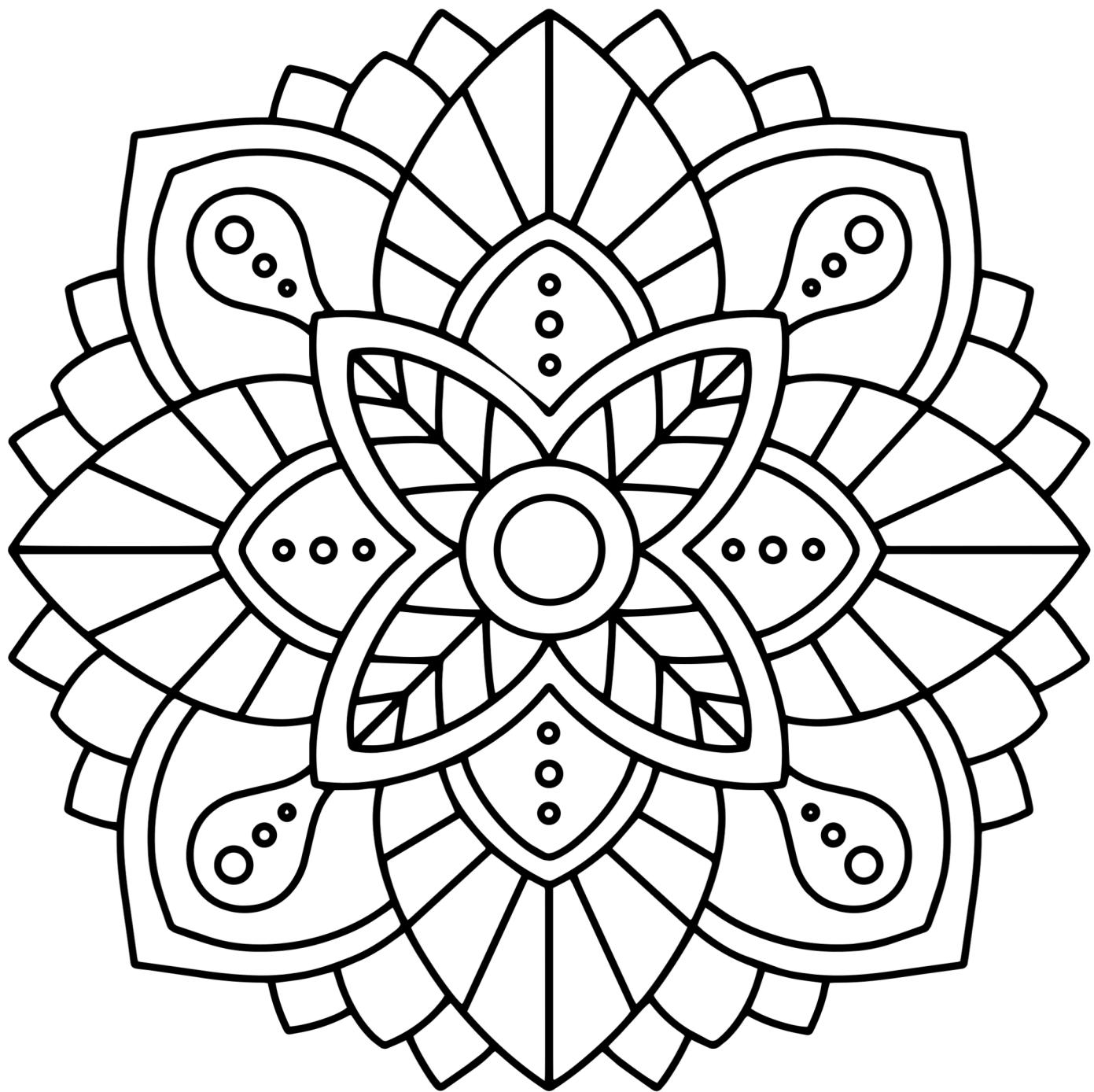


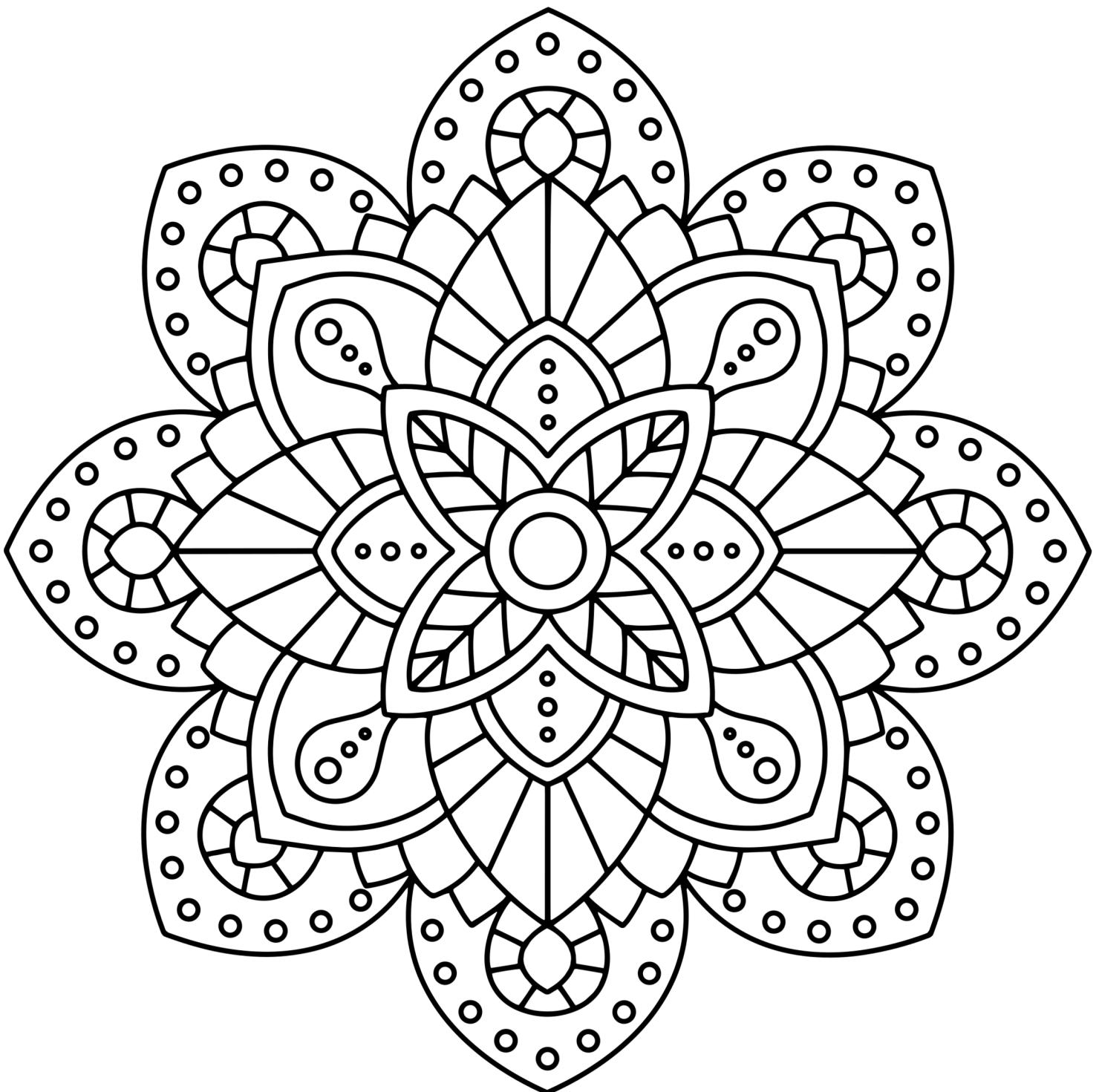






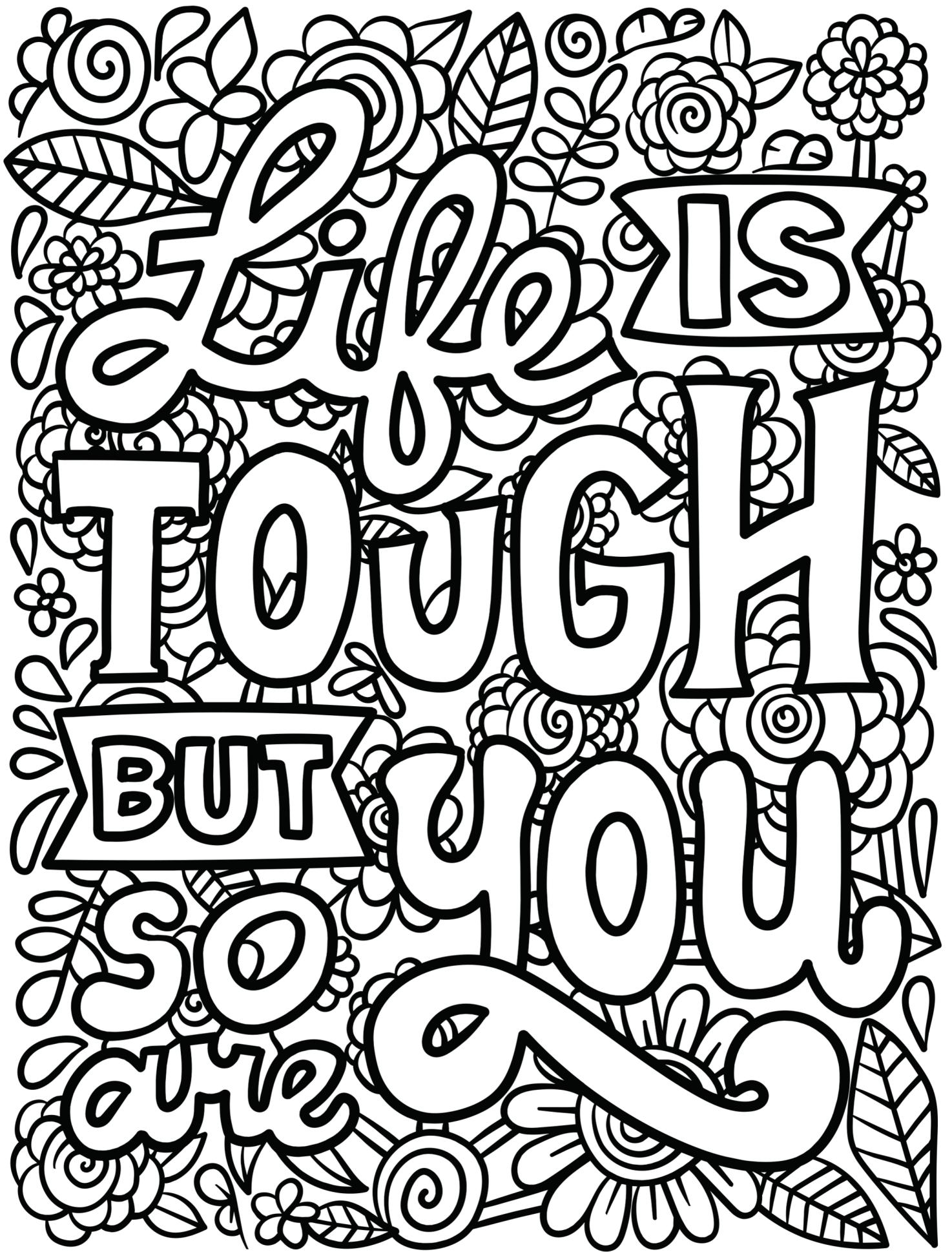






**BE THE  
BEST  
VERSION  
OF YOURSELF**

A detailed black and white line drawing of a floral wreath. It features various types of leaves, including heart-shaped ones, and small flowers with delicate petals. The wreath is symmetrical and frames the central text.









LOVE YOUR DREAMS

DREAM

