

CALM MENU

FOR YOUR BODY (MOVE & RELEASE)

Pick one:

- Gentle stretching or rocking side to side
- Walking barefoot on grass or soft flooring
- Cold water on hands, neck or face
- 5 deep belly breaths with a longer exhale
- Shake out tension (arms, legs, whole body)
- Wrap yourself up tightly
- Lift something weighted (but not too heavy)
- _____
- _____

FOR YOUR SENSES (SOOTHE & GROUND)

Pick one:

- Listen to calming music or nature sounds
- Hold a comfort item (soft blanket, heat pack)
- Smell something soothing (essential oil, coffee, fresh herbs)
- Watch something calming (sky, leaves, candle flame)
- Taste something simple and grounding (tea, mint, a square of chocolate)
- _____
- _____

FOR YOUR MIND (QUIET & REFOCUS)

Pick one:

- Name 5 things you can see, hear, feel (5-4-3-2-1 grounding)
- Repeat a calming affirmation:
"I am safe. I am supported. This will pass."
- Visualise a calm place in detail
- Jot down what's overwhelming you (brain dump)
- Count backwards from 20 slowly
- _____
- _____

CALM MENU

FOR YOUR HEART (CARE & CONNECT)

Pick one:

- Text or voice note someone safe
- Wrap yourself in a blanket like a hug
- Talk kindly to yourself like you would to a child
- Place your hand on your heart and breathe
- Remind yourself: "This feeling isn't forever. I can get through this."
- _____
- _____

TIP:

Place your Calm Menu somewhere easy to reach - on your phone, on the fridge, or in your journal. When you feel dysregulated, pick one thing from each section and let it guide you back home to yourself. You can also add your own favourite things in the blank spaces provided.

CONTACTS

My safe people:
