



How to Use your Calm Kit

Tools to Help You Breathe, Reset,
& Reclaim Your Peace

Fidget Ring

Use tactile grounding to keep your hands busy and your mind a little more still when anxiety tries to take the wheel. Spin. Breathe. Repeat.

Calm Strips

Feel them, focus, and come back to now. These textured strips offer a discreet sensory moment to ground yourself during stress or overwhelm. Keep one on your phone, computer, or even your car.

Mints

Sometimes you need a reset in your mouth and your mind. The cooling effect of mint can give you a quick jolt of clarity when everything feels like too much. Warheads are also a great option!



WALDON WELLNESS
ELEVATE YOUR WELL-BEING

Call for a free consultation today to help feel grounded and calm!

920-254-9379