



Your Grounding On-the-Go Guide

Welcome to your Calm Kit! This collection is designed to help you gently shift your focus from your thoughts back to your body and into the present moment. Refer to this guide whenever you feel overwhelm creeping in.

Tactile Grounding: The Fidget Ring & Worry Stone

When your mind is racing, bring your attention to your hands.

The Ring: Best worn on a smaller fingers as it is tightly fitting. Roll it or spin it to create a physical "anchor" for your focus.

The Stone: Keep this in your pocket, in your desk or in your car. When you feel restless, rub the smooth surface to steady your nerves.

Visual Cues: Textured Breathing Stickers

Anxiety often makes our breath shallow. Use the sticker on your phone, computer, desk or dashboard as a physical reminder to take moments throughout the day to breathe and drop your shoulders.

Trace & Breathe: Follow the prompts on the sticker with your finger. The unique texture provides a dual sensory experience. Feel the ridges while you slow your exhale.

Sensory Reset: Cooling Mints

Anxiety can cause "dry mouth" and repetitive loops of thought (rumination).

Disrupt the Loop: The strong flavor of the mint provides a "sensory shock" to break a cycle of worry.

Hydrate: Mints stimulate saliva production, physically signaling to your body that it is safe to relax.

Gentle Reminders: Kind Lips Balm

Self-regulation starts with self-compassion.

The Ritual: As you apply the balm, take a second to pause. Let it be a physical cue to speak to yourself with the same kindness you'd give a friend.