

50+ Ways to Create **Calm** In Chaos

Your Resource List to
Effectively Manage *Difficult*
Times



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Welcome!

I am so glad you have CHOSEN to take the time to learn more about how to create some calm in your world. In this resource packet you may find some exercises or activities that you already engage in. That's amazing! Continue to strengthen those muscles if they work for you. There may be some different practices that you have never tried before. That's great too! That simply means you have different tools to choose from and practice. Either way, remember that this is about CREATING calm. What that means, is that you have an ACTIVE role to play in experiencing the calm you desire. This is about empowering you to recognize the power you have to influence your own experience! When we realize that our greatest tool resides within us, the external chaos, or as I have called it, "stres-sure", doesn't throw us off balance as much. I pray this resource list blesses you.

With Love,
Tina



LET'S START WITH

BREATHING

BOX BREATHING

Sit in a comfortable, upright position. Close your eyes or softly gaze to the ground to focus your attention. Breathe in through your nose for a count of 4, hold it for a count of 4, exhale slowly for a count of 4, hold that exhale for a count of 4. Repeat as long as needed.



ALTERNATE NOSTRIL BREATHING

Sit in a comfortable, upright position. Take your right thumb to gently close your right nostril. Inhale slowly through your left nostril. Hold this breath. Take your right ring finger to block your left nostril, release your thumb from your right nostril, and slowly exhale from your right nostril. Repeat.



[Click for video](#)

BEE BREATHING

Sit in an upright comfortable position. Lightly cover your eardrums with your thumbs and use your fingers to cover your eyes. Slowly breathe in through your nose and slowly exhale as you breathe out softly hum. Repeat 3-5 times.



[Click for video](#)

5 FINGER TRACE BREATHING

Hold out your left hand. Use the index finger of your right hand to trace each finger on your left hand starting at the base of your left hand. as you trace up on each finger breath in and as you trace down, breathe out. Switch hands and repeat.



SET BOUNDARIES



Plan ahead: Schedule your breaks/time off before you schedule your meetings and honor those blocked times.

Practice saying no:

- I am unavailable.
- No thank you.
- Thanks for thinking of me. I'll need to pass this time.

Boundaries with yourself:

limit how many things you say yes to each week. If you reach your limit, don't stretch it. Stick with it.

"There is already a person in the Savior position and His name is Jesus."

Tina Morales



GROUNDING PRACTICES

1

5-4-3-2-1 Grounding: Name and describe: 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


2

Physical Grounding: Slowly tense and release one muscle at a time, run cool or warm water over your hands, suck on an ice cube, take a warm bath, slowly lather lotion on your legs or arms and pay attention to how it feels on your skin, bounce a ball, place your bare feet on the ground and notice how it feels.

3

Mental Grounding: Envision a calm place you have been or would like to be in great detail, read a piece of scripture slowly by focusing on each word, try reading that same scripture backwards, recite the alphabet, name as many things as you can in a certain category (i.e., cars, animals, celebrities, etc.)





Today I am
grateful for

Gratitude Exercises

1. **3-2-1 Prayer Method:** Name 3 things you are grateful for, 2 people you would like to pray for, and 1 thing you are ready to receive.
2. **Gratitude Journaling:** Write down 3-5 things you are thankful for in your day.
3. **Gratitude Expression:** Do something nice for someone (i.e., friend, family member, stranger, whoever).



1. **Gratitude Jar:** Create a jar just for you and fill it with slips of paper that describe things you are grateful for. You can also ask a close, trusted friend or family member to write down what they are grateful for about you.
2. **Gratitude Reflection:** Allow yourself to think of a place that represents calm or peace for you. Imagine all the things you can see...hear...touch...smell...and taste. Take some deep breaths to relax into this experience. Reflect on the experience and express gratitude for the ability to envision this place whenever you would like to.



The Miracle Morning

S.A.V.E.R.S by Hal Elrod

S

Silence: Meditate, pray, focus on your breathing, etc.

A

Affirmations: Encourage yourself, hype yourself up, speak positivity into yourself, remind yourself of what God says about you.

V

Visualizations: Imagine how you want your day, week, month, year to go and figure out what you need to do to get there. Start small and be specific.

E

Exercise: Activate your body with stretching, walking, squats, etc. This is a mood booster!

R

Reading: Read something that can teach you something new about you. Remain a learner!

S

Scribing: Write, journal, process your thoughts.



Give yourself 15 minutes

1. Utilize **15 minutes** for yourself where you focus on something negative or positive within the allotted timeframe and then put it away. This is an art of **self-discipline**. Strengthen it.
2. Sit outside for **15 minutes** and soak up what you can see, hear, smell, taste, or touch.
3. Give yourself **15 minutes** to worry about the thing that's weighing you down and then stop.
4. Give yourself 15 minutes to identify every aspect of something positive you have experienced. Immerse yourself in it and then move on.



Routines and Schedules

1. Anticipate the beginning and ending of your day by **setting a time to wake up and go to bed each day.**
2. Create a **morning and/or bedtime ritual** (i.e., make your bed in the morning, tidy up before you start your work day, wash your dishes by hand at night, listen to soothing sounds before bed, etc.).
3. When stress is high, basic necessities easily become ignored. **Schedule times to eat** breakfast, lunch, and dinner. This is also a great way to create a break/pause in your day.
4. Follow a **To-Do List** to help with organization and cross things off as you complete them to create a sense of accomplishment.

Remember:

BE FLEXIBLE

This is about doing something enough times to create a habit out of it so your body is more regulated. This is not about perfection.



Utilize media... you're on it anyway!

1. Download **apps** like Calm or Headspace to help with relaxation or YouVersion to help with meditating on Scripture.
2. Listen to **podcasts that soothe you, make you laugh!**
3. Listen to uplifting **music**.
4. Watch YouTube **videos** on stress management, relaxation, mindfulness, etc. My favorite is Self-Help Toons!
5. Watch **spoken word** or **read poetry**.
6. Listen to **motivational speakers and** preachers.
7. Follow **social media** accounts that feed your soul.





TRY SOMETHING NEW

1. Try creating your **favorite restaurant meal** from scratch at home.
2. Try a **new hobby**, read a **new book**, try to **create** something, sleep on the opposite side of your bed, etc.
3. Sign up for an online course to **learn something new**.
4. If you do high intensity workouts, try something with lower intensity or vice versa. **Switch it up!**
5. Do that thing you doubt you can do...**try it**.



RELATIONAL RESOURCES



1. Join a **small group** at church or online.
2. Join or create a **Meetup group** or **Facebook group** with people who have similar interests.
3. **Reach out** to your friends when you're struggling. Build your **"ask for help"** muscle.
4. Find a **support group** online or in-person for whatever struggle you are experiencing.
5. Think of positive **role models, mentors, or spiritual figures** and how they handle struggle.
6. Consider **counseling**: getting help from a trained professional can be invaluable.



Self-Talk

1. Journal freely about a situation that has or is currently causing you anxiety, worry, anger, etc. and **notice the thoughts you're having** about yourself. If they're harsh, try being more kind or neutral. If they're focused on blaming others, practice taking ownership of your part.
2. Practice looking at yourself in the mirror and naming **one to three things you like** about what you see as often as you can.
3. After you've completed a task no matter how large or small, **say something encouraging to yourself**. Cheer yourself on. Some of my favorites are: "I did that thing!" or "Go ahead (insert your own name)!" or "I'm proud of myself" or "This is proof I can do hard things".
4. Remind yourself of who you are and whose you are with "I am" statements **DAILY** because you are worthy, you are loved, you are valued, and you are a child of God!

Continue the Journey!

Remember that creating calm in your life requires consistency and intentionality. You can continue to strengthen these tools each and every day. Let's stay connected and continue the journey together.

