

FINDING CALM – A GENTLE ENGLISH HANDOUT

A small pause for you, your body, and your mind

A NOTE FOR YOU

This handout is not about doing more or fixing everything. It is about **slowing down**, finding words for how you feel, and allowing small moments of calm — even on difficult days.

Take what feels helpful. Leave the rest.

A 2-MINUTE GROUNDING PRACTICE

You can use this anytime — at home, at night, or even during the day.

1. Sit or lie down comfortably.
2. Take **three slow breaths** — in through your nose, out through your mouth.
3. Gently notice:
 - your shoulders
 - your jaw
 - your belly
4. On each exhale, imagine releasing a little tension.

USEFUL VOCABULARY FOR EVERYDAY CALM

Feelings & states

- **overwhelmed** – having too much to handle
- **exhausted** – very tired, physically and emotionally
- **on edge** – feeling tense or nervous
- **grounded** – calm and connected to your body
- **drained** – low on energy

Mindfulness & relaxation

- **to pause and breathe**
- **the present moment**
- **to release tension**
- **to slow things down**
- **a small moment of calm**

Self-compassion

- **I'm doing the best I can.**
- **I don't have to do everything perfectly.**
- **This is hard, and that's okay.**
- **I'm allowed to rest.**

SMALL MINDFUL MOMENTS (REALISTIC IDEAS)

You don't need silence or extra time.

- Taking one deep breath while waiting for the kettle or coffee machine.
- Noticing your breath while lying in bed at night.
- Putting a hand on your belly and saying quietly: *“I’m here.”*
- Looking out the window and naming 3 things you can see.

GENTLE REFLECTION

You can write or just think about these:

- *Right now, my body needs...*
- *Today feels hard because...*
- *One small thing that helps me relax is...*
- *I want to remember that ...*

A KIND SENTENCE TO CARRY WITH YOU

Choose one — or make your own:

- *I choose presence over perfection.*
- *I’m allowed to slow down.*
- *This phase is temporary.*
- *I am doing enough.*