



# The Calm Practice Workbook

A guide to help you plan, track, and live your calm even on your busiest days.

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inhale

THE CALM PRACTICE  
**Workbook**

## Welcome to Your Calm

If you've been feeling anxious, restless, or constantly "on," you're not alone. In a world that rarely slows down, finding calm can feel impossible but it's not out of reach.

This workbook was created to help you gently take back control of your thoughts, emotions, and daily rhythm. It's not about perfection, it's about creating space for peace. A practical way to manage anxiety in the moment without apps, hours of learning, or self-judgment that fits into real life.

Studies show that intentional daily planning can reduce anxiety by nearly 30%, improve mood stability, and help restore focus and sleep. That's the power of slowing down with purpose and that's what this workbook helps you do.



# DAILY ROUTINE

Calm begins with what you focus on. Each morning, take a minute to center yourself and choose what matters most.

MORNING INTENTION:  
HOW DO I WANT TO FEEL TODAY?

## TOP 3 PRIORITIES FOR THE DAY

List the three things that matter most for your peace today

1.

2.

3.

## TASK LIST FOR THE DAY

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## TODAY'S ACTS OF CALM

Something that nurtures me (tea ritual, walk, reading, journaling).

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## MINDFUL MOMENTS

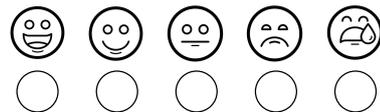
Small pauses that help me reset (breathing, stretching).

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MY DAILY AFFIRMATION

## TODAY'S MOOD

Checkmark which you felt like today



NOTES

# YOUR DAILY PRACTICE

START WITH ASSESSING YOUR ANXIETY LEVEL AND UNDERSTAND WHAT'S WORRYING YOU MOST RIGHT NOW.

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ON A SCALE FROM 1 -10, HOW ANXIOUS DO YOU FEEL TODAY?

1	2	3	4	5	6	7	8	9	10

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WHAT ARE THE TOP 3 THINGS WORRYING YOU?

1.
2.
3.

AFTER YOU COMPLETE THE ABOVE SECTION

Practice sitting with your feelings for 5 minutes. Set a timer and lean into your feelings for 5 minutes. Don't try to push them away, but don't dwell on them either. Just let them be and observe how they make your body feel.

HOW DID IT FEEL TO SIT WITH YOUR ANXIETY?

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WHAT EMOTIONS DID YOU EXPERIENCE?

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# DAILY HABITS THAT BUILD CALM

These gentle practices are designed to help you manage anxiety, regulate your emotions, and feel more centered throughout the day. Try mixing and matching them; each one activates calm in a different way.

## 1 BOX BREATHING (4-4-4-4)

Inhale for 4 counts, hold for 4, exhale for 4, hold for 4.  
Repeat 3-4 times to reset your nervous system and slow your thoughts.  
**Tip:** Try this before meetings, bedtime, or moments of overwhelm.

## 2 5-SENSES GROUNDING

Name 5 things you see, 4 you touch, 3 you hear, 2 you smell, 1 you taste.  
Bring yourself back to the present moment by engaging your senses.  
Best used when anxiety feels physical or your mind is racing.

## 3 MINI MOVEMENT BREAK

Gentle stretch, shoulder rolls, or a short walk to release tension.  
Movement helps your body metabolize anxious energy.  
Even 5 minutes counts.

## 4 JOURNALING PROMPT

"What's one thing I can control right now?"  
Write freely for a few minutes. Let your thoughts flow without editing.  
Awareness replaces overwhelm when you put thoughts on paper.

## 5 DIGITAL DETOX

30 minutes screen-free before bed (or during your morning routine).  
Swap scrolling for reading, silence, or reflection.  
Your mind will thank you!

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## 6 MUSIC OR SOUND THERAPY

Listen to a calming playlist, nature sounds, or binaural beats. Notice how your breathing slows with rhythm. Use headphones to fully immerse yourself.

## 7 BREATHING WITH AFFIRMATION

Inhale calm, exhale tension. Repeat quietly or aloud: "I am safe. I am grounded. I am calm." Pair this with your morning or bedtime routine.

### IF YOU'RE FEELING OVERWHELMED

When you're anxious, even calming activities can feel like a lot. Start small...choose just 2-3 practices a day that feel easiest or most natural. Maybe it's deep breathing while making your coffee or a short walk after work.

As your body and mind begin to respond, you can slowly add more from the list.

Now, choose one or two that you'd like to focus on next week. Write yourself a small note of motivation or a personal reminder to begin:

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"I will start my calm journey one breath, one step, one moment at a time."

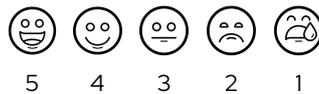
# CALM TRACKER

Track Your Calm! Notice What Feels Good. Consistency builds calm.  
Track your habits to see what truly supports your peace.

HABIT	MON	TUE	WED	THU	FRI	SUT	SUN
Slept 7+ hours	<input type="checkbox"/>						
Moved my body	<input type="checkbox"/>						
Ate nourishing meals	<input type="checkbox"/>						
Meditated or deep breathed	<input type="checkbox"/>						
Practiced gratitude	<input type="checkbox"/>						
Limited screen time	<input type="checkbox"/>						

## MOOD CHECK-IN

RATE YOUR MOOD FROM 1-5)



DAY	RATING	NOTES
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

Which days felt the calmest and why?

Which habits helped the most?

# WEEKLY REFLECTION

This tracker helps you gently observe your goals, moods, and emotional patterns. Feel calm even during your busiest, most overwhelming weeks.

## WHAT ARE YOUR GOALS FOR THIS WEEK?

## GRATITUDE NOTE

Write one calming reflection for your week.

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## END OF THE WEEK REFLECTION SECTION

What helped me feel calm this week?
What triggered my anxiety?
What small shift can I make next week?

PICK YOUR MOOD AT  
THE END OF THE WEEK



# AFFIRMATIONS & VISUALIZATION

Words That Anchor Your Mind. Repeat these affirmations morning and night. Repetition rewires the brain for calm.



I AM SAFE IN THIS MOMENT.



I AM LEARNING TO RESPOND, NOT REACT.



CALM IS MY SUPERPOWER.



I CAN HANDLE WHAT COMES MY WAY.



I LET GO OF PHYSICAL TENSION WITH EACH EXHALE.



EVERY BREATH RESETS MY ENERGY.



I TRUST THAT I AM EXACTLY WHERE I NEED TO BE.

## VISUALIZATION EXERCISE:

Close your eyes. Imagine your calm self, shoulders relaxed, breathing easy, a gentle smile. What does that version of you do differently? Write it below.



My Calm Vision:

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## Understand. Heal. Grow. We Can Do This Together

You've made it this far, that means you're already practicing calm. Start today. Open your workbook, take a deep breath, and begin building your calm, one page at a time.

Discover more resource tools and inspiration.

[WWW.CORECONNECTIONTELETHERAPY.COM](http://WWW.CORECONNECTIONTELETHERAPY.COM)