
A FREE PRINTABLE COMPANION TO

CALM IN AN ANXIOUS WORLD

The Calm Toolkit

Every worksheet, tracker & grounding card — ready to print



MAYA ELLISON

mayaellison.net/calmpack

How to Use This Pack

Print the pages you need, or keep the whole pack in a binder. Return to them on the heavy days — and the ordinary ones.

This pack contains everything from Calm in an Anxious World that's meant to be written on — the ten worksheets plus three quick-reference cards. Print single pages as needed, or the whole pack once and keep it somewhere you'll see it: a journal, the fridge, a bedside drawer.

GENTLE REMINDER

There is no prize for doing this perfectly. Start with the 90-Second Reset card and the 5-4-3-2-1 card — keep them close — and add one worksheet this week. That's enough.

The 90-Second Reset — Quick Card

Cut this out or photograph it for your phone. Use it the moment the spiral begins.

- 1 · **BREATHE** Five slow breaths. Exhale longer than the inhale — in for 4, out for 6.
- 2 · **GROUND** Name five things you can see, four you can feel, three you can hear.
- 3 · **NAME IT** 'I'm feeling anxious right now. It's uncomfortable, but it's not dangerous, and it will pass.'
- 4 · **ONE SMALL STEP** A glass of water, a short walk, a text to a friend. Just the next small thing.

REMEMBER

When anxiety rises: This feeling is not dangerous. · It will pass. · I can breathe through it. · I focus on what I can control. · I am not alone. · Calm is a switch I can reach.

The 5-4-3-2-1 Grounding Card

Pocket-sized. Slowly, naming each item to yourself, notice:

Count	Sense	Find and name...
5	See	Five things you can see around you
4	Touch	Four things you can physically feel
3	Hear	Three sounds, near or far
2	Smell	Two things you can smell (or two scents you like)
1	Taste	One thing you can taste

TRY THIS

Then one slow breath — in for 4, out for 6. Go slowly; the slowness is the point. If you finish and still feel activated, simply start again. There is no failing at this.

Daily Calm Routine Planner

Design a simple, repeatable rhythm. Keep it small enough to keep even on a hard day.

Morning anchor (e.g. 3 breaths, sunlight, no phone):

Midday reset (e.g. short walk, news window, lunch away from screens):

Evening wind-down (e.g. screen-free hour, journal, gentle stretch):

My one-line 'worst day' minimum:

Media & News Boundary Plan

Decide your relationship with information on purpose, before the feed decides for you.

My news windows (when I'll check):

Hours I'll protect (e.g. first/last hour of day):

Notifications I'm turning off:

Accounts/sources I'll mute or unfollow:

Accounts/sources I'll keep (calm & reliable):

My replacement for doom-scrolling:

Where my phone charges at night:

Worry-to-Action Worksheet

Sort what is yours to carry from what is not – and turn the part you can hold into one small step.

What I'm worried about:

Circle	Question	My answer
Control	Can I directly affect this?	
Influence	Can I affect it a little, with others?	
Concern	Is this beyond my reach for now?	

One small action I'll take
(control/influence):

When:

What I'm choosing to gently set
down (concern):

Gratitude & Reflection Journal

A gentle daily practice to balance the brain's pull toward threat. A few lines is plenty.

Day 1 — Three small good things I noticed today:

Day 2 — Three small good things I noticed today:

Day 3 — Three small good things I noticed today:

Day 4 — Three small good things I noticed today:

Day 5 — Three small good things I noticed today:

Day 6 — Three small good things I noticed today:

Day 7 — Three small good things I noticed today:

Weekly Mood & Energy Tracker

Trends matter more than any single day. Tracking gently reveals what helps and what depletes you.

Day	Mood (1-5)	Energy (1-5)	Anxiety (1-5)	Sleep	Moved?	Outdoors ?	Connected ?	Note

Support Network Map

Fill this in now, while you're steady, so you know exactly who to reach when you're not.

Person I can call just to talk:

Person who's good in a crisis:

Friend for a walk or distraction:

A community or group I belong to:

My doctor / clinic:

Therapist or counselor (if any):

Crisis line (U.S. 988 / Samaritans 116 123): 988 · 116 123

One person I could support, too:

Personal Resilience Plan

Your tools, assembled into a plan you can live. Choose one or two practices per pillar – the ones that truly helped.

Pillar	My chosen practice(s)	When
Body (sleep, move, food, sun)		
Calm tools (breath, ground)		
Boundaries (media limits)		
Connection (people)		
Meaning (small action)		

My daily 'worst-day' minimum (one line I can always keep):

Weekly Reflection

A few honest minutes each week. Pointed gently toward steadiness, not judgment.

What helped me feel calm this week?

What reliably drained or overwhelmed me?

What relationship or moment supported me?

One small thing I'll do differently next week:

One thing I'm grateful for right now:

GENTLE REMINDER

Revisit your resilience plan every month or so. It is allowed to change as you do. The goal was never perfection — only a few dependable supports, so that steadiness takes a little less effort each season.

That's Your Whole Toolkit

Printed and ready.

These pages turn the ideas in *Calm in an Anxious World* into a practice you can actually live. Keep them somewhere you'll see them — a journal, the fridge, a bedside drawer — and return to them, gently, one small day at a time.

REMEMBER

You cannot calm the whole world. But you can steady the part of it that is you — and that steadiness ripples outward. Small habits, repeated, become a way through.

With warmth, Maya Ellison

Stay in touch: mayaellison.net/calmpack · hello@mayaellison.net