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Calm Cards

Try using these cards when you are feeling stressed and overwhelmed.

Connect with yourself:

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Get outside and into nature.



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Step outside or open a window to get some fresh air.



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Slowly breathe in and out through your nose while counting to four.



Focus on the moment:

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Drink a cold glass of water or a hot herbal tea.



Focus on the moment:

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Play your

favourite song.



Reach out for support:

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Text or call a loved one to talk about what's on your mind.



Reach out for support:

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Speak with your GP or a healthcare professional.



Distract yourself:

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Eat a nourishing snack like vegetable sticks, a piece of fruit, nuts or simply have a glass of water.

