CALM DOWN PLAN

PURPOSE

When emotions escalate, it's easy to feel out of control. Having a personalized calm down plan provides steps to regulate your body, mind, and spirit in stressful moments.

WHY THIS PRACTICE HELPS

- Prepares you ahead of time so you're not scrambling when overwhelmed.

- Breaks the cycle of escalating stress or anger.

- Anchors you in faith and practical strategies.

HOW TO BUILD YOUR CALM DOWN PLAN

1. Warning Signs: Notice your early cues (racing thoughts, clenched jaw, irritability).

2. Grounding Skills: List quick tools (deep breathing, 5–4–3–2–1 senses, stretching).

3. Soothing Scriptures: Choose verses that bring peace.

4. Safe People & Places: Identify who/where helps you feel calm.

5. Positive Activities: Write a list of healthy distractions (walk, journaling, music).

SCRIPTURE MEDITATION

"The Lord is my strength and my shield; my heart trusts in him, and he helps me."
– Psalm 28:7

BOUNDARIES BUILDER TOOL

My Warning Signs	Grounding Skills	Scripture Anchors	Safe People/Places	Healthy Activities
Racing thoughts, clenched fists	Deep breathing, 5-4-3-2-1	Psalm 46:10, Phil. 4:6–7	Call a trusted friend, quiet room	Journaling, listening to worship music

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