

CALM STARTS HERE

1.TOOL

The Anchor Habit

2. CONCEPT RECAP

A 10-second micro-behavior that signals safety to your brain and begins shifting your body out of overwhelm. Calm begins with one small, intentional cue.

3. JOURNAL PROMPT

Where does my body first show signs of tension, and how can I soften there today?

4. SCRIPTURE

"Be still, and know that I am God." — Psalm 46:10

5. AFFIRMATION

I am safe. God is here.
Peace is available to me.

6. MICRO-ACTION

Use your anchor habit (hand over heart, deep breath) at least three times today.