

# CALM KIT

**Gentle Grounding for Peace & Possibility**

BY SANDY JOHNSTON



# Welcome

# SAFETY AGREEMENT



Hello lovely,

This isn't homework - it's a permission slip to breathe.

Your Safety Agreement:

- Skip anything that doesn't feel right
- Pause anytime

You're already enough

With warmth,

Sandy

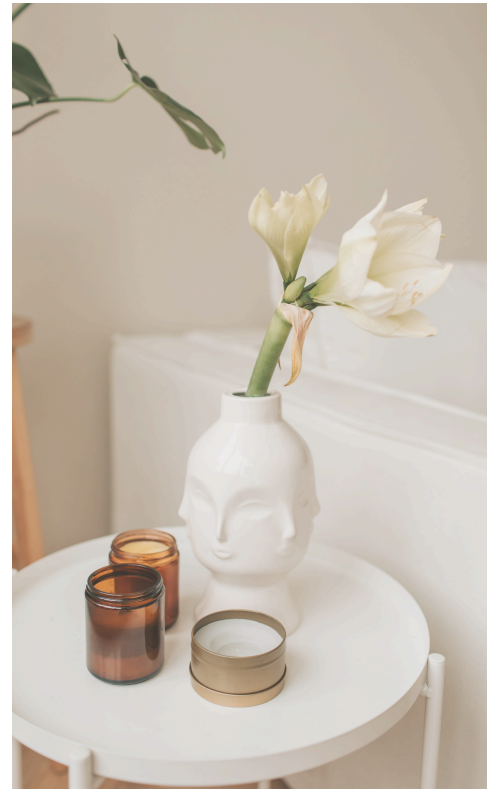
Wellness is a holistic integration of physical, mental, and spiritual well-being, fueling the body, engaging the mind, and nurturing the spirit



# Workshop Preparation CHECKLIST

## For: Pre-workshop nerves

- ☐ Comfy Space:  
Bring snacks + water + notepad
- ☐ Give yourself time: Log on a few minutes early, to ensure your technology is working.
- ☐ Give yourself permission: Tell yourself, "I don't need to perform – just be".
- ☐ Self-Blessing:  
Hand on heart whisper:  
\*"Showing up is my bravery."\*



Self-care is giving the world the best of you, rather than what's left of you.

The greatest act of self-care is to believe that we are worthy of care.

Take time to care for yourself today, you deserve it!



"The best time to plant a tree was 20 years ago. The second best time is now."

-Chinese proverb

## GENTLE STEPS

# 1 The 90-Second Safety Scan

When life feels overwhelming — a 90-second safety scan

Steps: **FEET: Press soles firmly into the floor (5 sec)**

SEE: **Name 2 calm colours nearby**

SOUND: **Notice 1 gentle sound (e.g., distant traffic, a clock)**

BREATH: **Inhale slowly for 4, hold for 4, exhale for 4, hold for 4 (twice)**

WHISPER: **"I am safe right now. I can respond with calm."**

Why: Resets your nervous system quickly — creating space to choose from clarity, not panic.

# 2 Enoughness Anchor Touchstone

For: Guilt when investing in yourself

Steps:

1. Find a small stone/pen
2. Hold it while breathing:
  - IN: "I am allowed to receive" (4 sec)
  - OUT: "My peace benefits me and everyone I encounter." (4 sec)
3. Keep in pocket – touch when feeling guilty about doing something for the betterment of yourself.
4. Journal Prompt:

"One thing I'll do for MY joy this week: \_\_\_\_\_"











# About SANDY JOHNSTON

Sandy Johnston supports you in reconnecting with your source energy, through trauma-informed coaching and training.

As a survivor of domestic abuse and as someone who questioned her own worth, Sandy knows the pain of "survival mode" and the desire to live freely and fully.



Before you go...

If you'd like extra support while you wait, here are gentle resources you can explore only if it feels right:

Free Coaching Resources: **The Key to Be Free**

Podcast Stories of Hope: **Tiaras, Tears & Triumphs**

Community Sanctuary: **Rise Up Facebook Group** (Zero sales – just sisterhood)

## **Immediate Crisis Support:**

- Australia: **Ask Izzy**.
- Worldwide: **Hot Peach Pages**

Need to talk?

I offer a **free 20-min clarity call** – no pressure, just care.