



SONA

The CALM Expansion

It's time to release stress
and anxiety and increase
the calmness and internal
peace we need.

CALM

WEEK 2 – WHAT’S BEEN GOOD?

What’s been good?

Write at least 5 things down from this past week which have gone well, anything that’s good. It can be the smallest thing or something big. A lovely moment with your wee one, a chat on the phone with a friend, getting on top of the washing, a hot cuppa tea, coping better with something than you expected. Please feel free to share them in the Facebook group too, it’s great to see all the positivity.



CALM

WEEK 2 – MY STRENGTHS

What are your strengths?

This can sometimes be a tricky one, but I know you can do it with some time, let that intellectual brain get to work! I want you to note down your strengths AND how you're using these in your day to day life at the moment. Are there any that you can use more effectively? (If you're struggling to find your strength you can ask you partner, a friend, family member etc. for what they see as your strengths).



CALM

WEEK 2 – WHAT HELPS ME FEEL CALM?

What helps me feel calm?

Ask yourself, 'what helps me feel calm', think about those moments of peace, where were they, who were you with, what were you listening to, the scents etc. think of all your senses, what brings you back to calm. Then take a look at where you can incorporate these in the week ahead.



SIMPLE RELAXATION TOOLS

RELAX MORE BREATH

Often when we're expecting a baby, we prepare breathing techniques for labour, they are a well known part of birth prep. But most of us don't continue that in our daily lives.

If ever you're feeling overwhelmed, coming back to the breath is a good way to regain control. When we regain control of our breath, we gain control of our body and then the mind follows. Here's a really simple breathing technique that can help.

Breathe in for 4, pause momentarily and then breathe out for more than 4.

Often I just say "in for 4 and out for more" because it's simple and it rhymes, but it's nice to notice that moment of pause between our in and out breath. When we're stressed our breathing because fast and shallow, this technique aims to bring us back to a nice slow, calming, deeper breath.

THINGS WHICH BRIGHTEN MY DAY

Note down here things which brighten your day; instant mood lifters. For me it would include creating a playlist of upbeat songs, essential oils I love, making a cup of tea and sitting down to drink it, or taking it outside, standing outside even for a couple of minutes always helps me reset.

What can you do to help you reset when you're feeling overwhelmed?

