



YOUR GUIDE TO CREATE A ROUTINE FOR CALM

Do you want to build skills that will help you?

- Stay focused, agile and productive in good and bad times
- Manage uncomfortable emotions such as anger and despair
- Keep your nerves and fidgeting in check
- Maintain a sense of calm through stress and adversity

Managing anxious and nervous feelings and finding ways to create calm will get you there. You can retrain your brain to lean toward a sense of calm by practicing daily habits that shift your mindset. Limiting news and social media intake, using your nervous energy for good and reaching out to others are three key techniques that foster a sense of calm. Taking good care of yourself also helps you create calmness in your life and promotes overall physical and mental health.

CREATE A ROUTINE FOR CALM

The following actions will help you create a routine for calm.

- Limit news and social media intake
- Use nervous energy for good
- Reach out to others
- Take part in my self-care

These actions, however, take practice. Practice. Practice. Practice. When you tackle them one a time, you'll likely be more successful at mastering them. We suggest you choose one of the four actions to start. But before we get started, we'll explore the ins and outs of each action – for example, what steps can I take to limit my news intake? and how can I use my nervous energy for good?

WEEK 1 OF CREATE A ROUTINE FOR CALM GOAL

In Week 1, we'll prompt you to explore each of the actions listed above that can help you retrain your brain and create calm. Learning more about each step can help you can decide which one you'd like to master first. Every day in your Newsfeed, you'll find tips and resources to help you explore each action, one at a time.

WEEK 2 OF CREATE A ROUTINE FOR CALM GOAL

In Week 2, you'll be putting what you've learned into practice and will choose which behavior to focus on to create a *routine for calm* from the list above. We'll provide daily tips through push notifications (remember to adjust your setting on your mobile device!) and your Newsfeed. We'll also provide you with a daily tracker to give you the ability to track and review your progress. Science has shown when you first start a habit, practicing and tracking it daily for at least one week (two or more is better) will help you form the habit.