

The 5-Minute Calm Toolkit

A First-Aid Kit for Overwhelm



Brand New Me Wellness

Introduction

If you're reading this, you're likely in the middle of a moment where everything feels like too much. Your to-do list is a mile long, your mind is racing, and you just need a moment to breathe.

This toolkit is designed for exactly that.

This isn't a course or a commitment. It's a collection of three simple, powerful tools you can use right now, in five minutes or less, to shift from a state of overwhelm to a moment of calm.

Think of it as your emergency kit for those days when you need to press the reset button. Let's begin.



Tool #1: The 60-Second Reset Breath

Your breath is your most powerful tool for an instant shift. Overwhelm often leads to shallow, rapid breathing, which keeps your nervous system in a state of stress. By consciously taking a deep breath, you can tell your body it's safe to calm down.

- **Step 1: Stop.** Whatever you're doing, just pause for a moment.
- **Step 2: Inhale.** Slowly breathe in through your nose for a count of four, filling your belly and chest with air.
- **Step 3: Hold.** Gently hold your breath for a count of four.
- **Step 4: Exhale.** Slowly and completely breathe out through your mouth for a count of six.
- **Step 5: Repeat.** Do this three times.

This simple act can quickly lower your heart rate and bring you back to the present moment.



Tool #2: The 5-4-3-2-1 Grounding Method

When your mind is racing with a million thoughts, grounding yourself in the present moment can bring instant relief. This technique uses your five senses to anchor you to what is real and tangible right now.

- **5:** Acknowledge five things you can see. (e.g., the color of the wall, a pen on your desk, the clouds outside).
- **4:** Acknowledge four things you can feel. (e.g., the fabric of your clothes, the temperature of the air, the texture of the chair you're sitting in).
- **3:** Acknowledge three things you can hear. (e.g., the hum of the fan, a bird outside, your own breathing).
- **2:** Acknowledge two things you can smell. (e.g., your coffee, a scented candle, fresh air).
- **1:** Acknowledge one thing you can taste. (e.g., a sip of water, the flavor of your gum).

This is a powerful way to pull your mind out of the chaos and into the present.



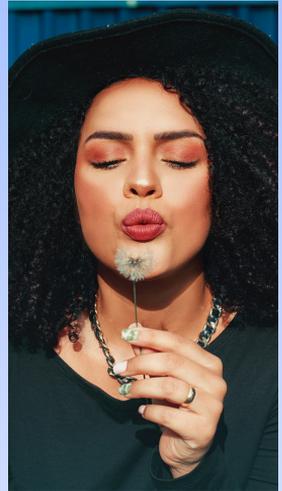
Tool #3: Your "Permission Slip"

Overwhelm is often fueled by a constant sense of "shoulds" and a guilt around taking time for yourself. This tool is a mental exercise to give yourself permission to step away from the pressure.

Say this to yourself, out loud or in your mind:

"I give myself permission to pause. I give myself permission to not do it all right now. My worth is not measured by the length of my to-do list. I am allowed to rest."

Giving yourself this permission—to step back without guilt—is an act of profound self-care. It's a boundary you set with yourself, and it's the first step to reclaiming control.



Next Steps: Ready for More?

You've just taken a huge step toward creating calm in your life. This toolkit is a powerful first-aid kit, but what if you could move beyond just managing the chaos and actually prevent it?

If you're ready to stop putting out fires and start designing a life of sustainable peace and purpose, then you're ready for a more profound transformation. The next step is a simple conversation.

I invite you to book a Free Clarity Call with me. We'll discuss what's been holding you back and what your personalized path to "owned wellness" could look like.

[**Book Your Free Clarity Call**](#)



Thank You

Remember, you are the most important item on your to-do list. Thank you for taking this time for yourself.

With warmth and anticipation,
Cassandra Schmigotzki
Wellness Coach



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