

# HELP For Anxious Moms



CUT ALONG DOTTED LINES

Check The Level:



Caution



Danger

OR

50+



Take Action!

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StressRescue.Zone

Carol's Rapid Relief Method

Step 1



(calming)

Step 2



(ACTIVE)

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## The RIGHT Tools

Tool #1 – RESET Breath

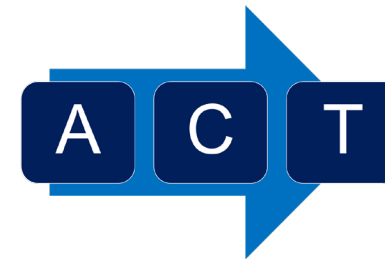
Tool #2 – CALM Switch

Tool #4 – Dump n Destroy

Tool #3 – Mind-Pushups

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Taken from: HELP For Anxious Moms



**Aware** (changes & situations)

**Check** (your stress level)

**Take ACTION!** (do the 2 steps)

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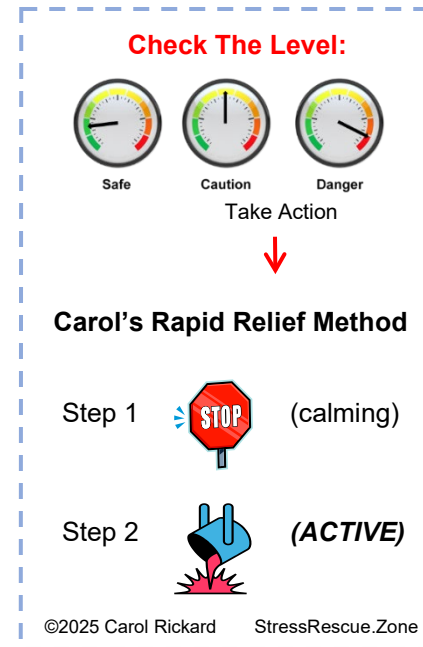
# HELP For Anxious Moms

## INSTRUCTIONS:

1. Cut along dotted line
2. Fold in middle
3. Option: Leave open & put on fridge

\*\* Make extra copies & post as reminders where needed!

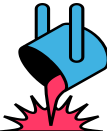
## Quick Check Version:



**CUT ALONG LINE**



Step 1  the level from rising (calming)

Step 1  So the level will drop (active)

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Read  
Count to 10  
Take a Time Out  
Listen to Music  
Breathing  
Prayer  
Serenity Prayer  
Guided Imagery  
Mind Pushups /Meditate  
Shower or Bath  
Aromatherapy  
+ Self Talk

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Walk  
Talk  
Write / Dump  
Sing / Dance  
Clean  
Exercise  
Coloring  
Punching Bag  
Hobbies  
Laughter  
Gardening  
Ho, Ho, Ha, Ha

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# Carol's Breathing Tools

Each one of these breaths will immediately help to "turn off" our stress response. There are three ways to do this:

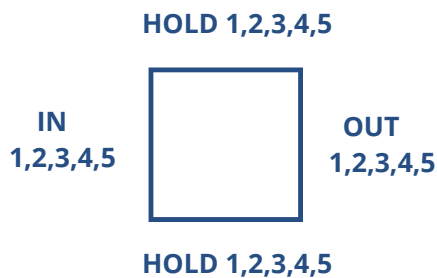
## WAY #1



## "The Reset Breath"

Put 1 hand on your belly & 1 hand on your chest.  
Take a deep breath and concentrate on making the belly rise as you breathe! (Practice at night with a book!)  
Breathe in a slow 5 count, breathe out a slow 5 count

## WAY #2



## "Square Breathing"

Breathe in & count to 4 in your head (1,2,3,4,5)  
Hold it & count 4 in your head (1,2,3,4,5)  
Breathe out & count 4 in your head (1,2,3,4,5)  
Pause & count 4 in your head (1,2,3,4,5)  
**REPEAT!**

## WAY #3



## "The Calm Switch"

AKA "The Sigh"

Take a breath in, then another quick breath (Quick snort!)  
Let it the breath out thru your mouth very s l o w l y.....  
Repeat 1-2 times. Watch Here: [Tinyurl.com/TheCalmSwitch](https://tinyurl.com/TheCalmSwitch)