KindNova

# The Calm Toolkit

## 12 PRINTABLE EMOTIONAL RESET CARDS



*Small reminders for moments when your mind feels full, your body feels tense, or you simply need somewhere steady to begin.*

HOW TO USE

# Your Pocket Calm Toolkit

Cut out the cards, save them digitally, or keep the pages whole.

**What these cards are for**

These cards are not meant to force you to feel calm. They are small prompts that can help you pause, reduce the pressure of the moment, and choose one supportive action.

- [ ] Keep one in your bag, wallet, phone case or desk.
- [ ] Choose the card that matches what you need - not the one you think you should use.
- [ ] Repeat a card as often as it is useful.
- [ ] You can write your own personalised cards on the final page.

*“You do not need the perfect tool. You need one useful next step.”*



PRINTABLE CARDS

# Cut • Keep • Return

Use scissors along the card edges if you would like individual cards.

### PAUSE

*“I do not need to answer everything right now.”*

What can wait ten minutes?

### GROUND

*“Come back to what is here, not everything that could happen.”*

Name 3 things you can see.

### SMALLER

*“The whole problem does not need solving today.”*

What would make this 5% easier?

### BREATHE

*“I can give my body one slower moment.”*

Let the exhale be a little longer.

### CHECK IN

*“A feeling is information, not a verdict.”*

What am I feeling and what do I need?

### SOFTEN

*“Tension is a signal to notice, not a command to panic.”*

Unclench your jaw. Drop your shoulders.

PRINTABLE CARDS

# Cut • Keep • Return

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### CHOICE

*“I can choose one thing instead of doing everything.”*

What matters most for the next hour?

### SUPPORT

*“I do not have to carry every moment alone.”*

Who could I reach out to?

### LET WAIT

*“Some things can remain unfinished without becoming a failure.”*

What can safely wait until later?

### RESET

*“Changing rooms, light, sound or movement can change the moment.”*

What environment would feel gentler?

### KINDNESS

*“I can respond to myself without attacking myself.”*

What would I say to someone I care about?

### RETURN

*“I can come back to myself one small choice at a time.”*

What is one supportive choice I can make now?

MAKE IT YOURS

# My Personal Calm Cards

The most useful reminders are often the ones written in your own words.

**Create your own**

Think about what you tend to forget when you are overwhelmed. It might be permission to pause, a person you can call, a grounding reminder, or a sentence that helps you come back to perspective.

**My reminder**

**My reminder**

**My reminder**

**My reminder**

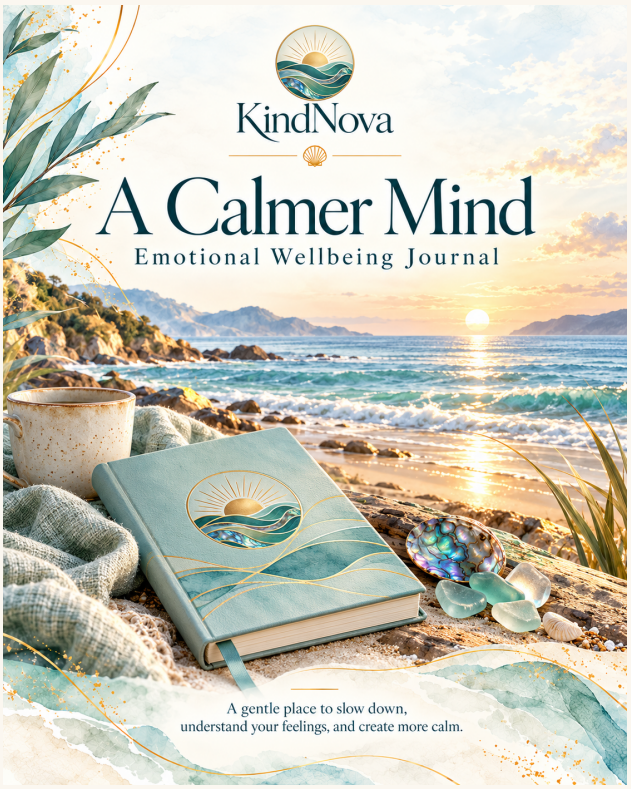
*“A useful reminder does not have to sound profound. It only has to help you return to yourself.”*

# Want a Deeper Emotional Wellbeing Practice?

These cards are quick supports. Your fuller patterns often need more space to explore.

**Next step**

A Calmer Mind is KindNova's 25-page guided Emotional Wellbeing Journal. It goes deeper into emotions, overwhelm, grounding, worry, self-talk, support, rest, routines and your personal calm plan.




*“Small support still counts. Small steps still count. You still count.”*

KindNova provides general wellbeing and reflection resources and is not a substitute for professional care.