

Calm energy flows through me

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I am centered and serene.

I deal with stress constructively. I set realistic expectations and manage my commitments. I take breaks before I become fatigued. I talk about my feelings and ask for help when I need it.

I remain poised under pressure. I am confident in my ability to handle deadlines and setbacks. **I focus my attention on the things I can control.** I view challenges as opportunities to learn and grow.

I take deep breaths. I slow down and scan my body. I close my eyes and visualize myself sitting on a quiet beach or snowy mountain.

I work out. **I release difficult emotions through physical activity.** I ride my bike or run through the park. I lift weights or punch a boxing bag.

I communicate directly and tactfully. I am assertive rather than aggressive. I listen to others with an open mind. I use objective language and speak concisely.

I resolve conflicts promptly and respectfully. I search for common ground and mutually acceptable solutions. I am eager to compromise and collaborate.

I adapt to change. I accept transitions as natural. I let go of regrets and pay attention to what I have to gain. I maintain routines and rituals that help me to feel more stable, like regular mealtimes and bedtimes.

Today, I spread harmony and healing. I regulate my feelings with positive thinking and healthy habits. I am focused and calm.

Self-Reflection Questions:

1. Where can I go for help if I am feeling anxious or depressed?
2. What would I say to a friend if I wanted to help them calm down?
3. How can I stay balanced during uncertain times?