

Calm plan & coping card

A short, non clinical coping card for recognising early stress signs and

Early signs I need a reset

- %i I get very quiet
- %i I start pacing
- %i My body feels hot or tight
- %i I stop listening

What helps me most

- %i Deep breathing
- %i Quiet space
- %i Cold water
- %i Movement break
- %i Hug / pressure

Add any personal strategies you already know work well.

Supportive words we can use

1. "You are safe. We can slow down together."
2. "Do you want a break or a quiet corner?"
3. "Let's breathe for 30 seconds."