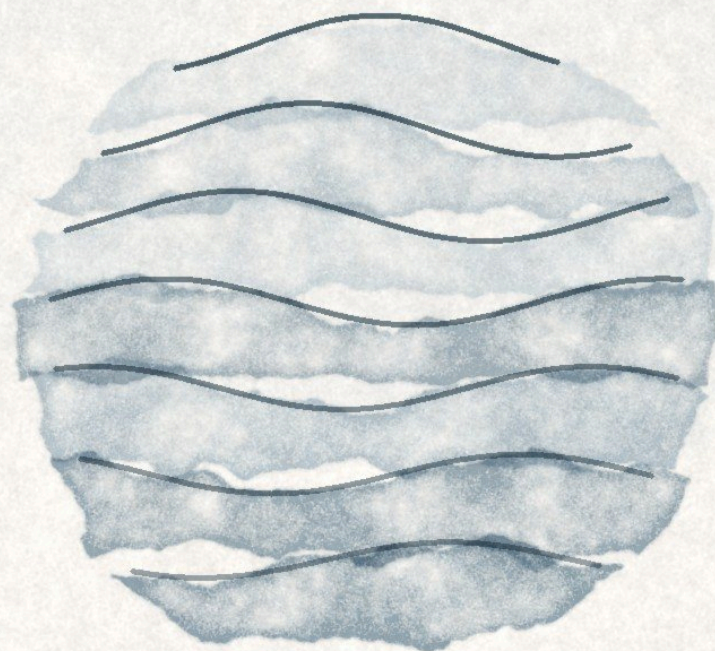


THE CARING FOR ME COLLECTION



A JOURNAL FOR CALM AND EMOTIONAL REGULATION

Back to Calm



30 days to listen to your body, support your emotions and find your balance again

30
DAYS



This journal belongs to



MY NAME

START DATE

WHY I AM STARTING THIS JOURNAL

These pages are an invitation to notice your signals and come back to yourself with patience.

Calm is something you practice too



Regulating yourself doesn't mean getting rid of emotions, but widening your options to support them.



1

Acknowledge

Notice body signals, thoughts, emotions and levels of intensity.

2

Accompany

Use gentle tools to ease overwhelm without forcing yourself to feel good.

3

Choose

Make room to respond according to your values, needs and safety.

Not every technique works the same for everyone. Let your experience be your guide.