THE BECOMING COLLECTIVE

Calm-Down Coping Card

Keep on your nightstand, fridge, or diaper bag

1. PAUSE & RESET YOUR BREATH

1. **Drop your shoulders** away from your ears and unclench your jaw.
2. **Inhale slowly** through your nose for 4 counts.
3. **Hold gently** for 2 counts.
4. **Exhale longer** through your mouth for 6 counts. Repeat 3 times.

2. 5-4-3-2-1 SENSORY GROUNDING

Name quietly around you to return to the present:	
5	Things you can **see** right now
4	Things you can physically **feel** (feet on floor, fabric)
3	Sounds you can **hear** in the room or distance
2	Things you can **smell** (or two deep, slow breaths)
1	Kind thing you would say to a close friend feeling this way

> *"This moment is intense, not permanent. My baby is safe, I am safe, and I only need to take the next five minutes one breath at a time."*

My Safe Person to Text: _____