5-Minute Calm Menu - Free Sample

Pick one item off the menu. That's it. You're doing great.

1

Breathe

Breathe in for 4, hold for 4, out for 6. Repeat 5 times.

2

Stretch

Reach up high, roll your shoulders, wiggle your fingers.

3

Sip

Drink a full glass of water, slowly.

4

Step outside

Notice 3 things you can see and 2 you can hear.

5

Tune in

Play one favorite song and just listen.

6

Tidy one thing

Clear one small surface. Just one.

7

Doodle

Draw spirals, stars or your coffee cup.

8

Text a friend

Send someone a kind hello.

9

5-4-3-2-1

5 things you see, 4 feel, 3 hear, 2 smell, 1 taste.

10

Cozy up

Grab a blanket and a warm drink for 5 minutes.

Tick the box when you try one. Bonus points for doing nothing at all for 5 whole minutes.