



FREE RESOURCE FOR DOWNLOAD

The Inner Calm *Toolkit*

Seven therapist-designed tools you can use in sixty seconds. No equipment, no quiet room, and nobody around you has to notice.

7 tools

60 seconds each

Nothing to buy

INSIDE THIS TOOLKIT

Why sixty seconds is enough

Your own two-tool reset plan

The seven tools, step by step

When it helps to talk to someone

Why sixty seconds is enough

Most of us try to think our way out of stress. That rarely works in the moment, because the part of you that has sounded the alarm does not speak in sentences. It reads the body. These tools work from the body inward.

1

Calm starts in the body

Breath, muscle tension, touch, and where your eyes are pointed all feed information back to your nervous system. Change the input and the alarm turns down, even before your thoughts have caught up.

2

Your exhale is the switch

Breathing in gently speeds the heart. Breathing out slows it. Making the exhale longer than the inhale leans your body toward its rest-and-recover state, which is why several tools here end on a long breath out.

3

Repetition is what teaches safety

One round helps a little. The same tool used often, especially on ordinary days, is what builds a faster route back to calm. You are not fixing yourself. You are practising something.

HOW TO USE THIS TOOLKIT

- Read it through once, then choose **two** tools that feel doable.
- Practise those two when you are already calm, so they are available when you are not.
- Use them early, at the first flicker of tension, rather than at the peak.

The seven tools

Each one takes about a minute. Try them in any order.

1 The 4 - 2 - 6 Breath

TRY IT

Inhale through your nose for 4. Hold for 2.
Exhale slowly through your mouth for 6. Repeat five rounds.

WHY IT HELPS

A longer exhale signals to your body that the threat has passed.

2 Name Three Things You See

TRY IT

Look around and name three objects out loud.
Choose one and describe it in detail: colour, texture, edges, wear.

WHY IT HELPS

Attention cannot spiral and describe at the same time.

3 The Sixty-Second Hand Massage

TRY IT

Press the soft webbing between thumb and index finger. Small slow circles, thirty seconds each hand. Breathe out as you press.

WHY IT HELPS

Steady, warm pressure is a cue of safety your body reads quickly.

4 What Do I Need Right Now?

RUN THE LIST

water

food

rest

movement

company

quiet

reassurance

WHY IT HELPS

Distress is often an unmet basic need wearing a much bigger costume.

5 The Mini Reset Statement

SAY IT OUT LOUD

"I am safe. I can slow down. One small step at a time."

WHY IT HELPS

Speaking brings language back online when panic has gone wordless.

6 The Long Look

TRY IT

Find something far away, out a window or down a hallway. Rest your eyes there for twenty to thirty seconds and let your gaze go soft and wide.

WHY IT HELPS

Narrow focus keeps the alarm on. Wide, distant vision helps switch it off.

7 Shoulder Drop Release

TRY IT

Lift your shoulders toward your ears. Hold for three seconds. Let them fall on a long breath out. Repeat three to five times.

WHY IT HELPS

Held tension keeps the stress signal alive. Releasing it removes the signal.

Your two-tool reset

Pick the two that felt easiest, not the two that sound most impressive. Write them here and keep this page somewhere you will see it.

WHEN I FEEL IT STARTING

WHEN I AM ALREADY OVERWHELMED

You did it. Calm is something you can practise.

Anxiety is not a flaw in your character. It is a protective system doing its job a little too well, often after a long stretch of stress or uncertainty. Tools like these give you a way to answer it kindly in the moment.

When it helps to talk to someone

Quick tools are a start. Consider reaching out for support if you notice any of these:

- ✓ Calm never seems to last, no matter what you try
- ✓ Sleep, appetite, focus, or your relationships are affected
- ✓ You are avoiding places, people, or plans you used to enjoy
- ✓ This has been most days, for several weeks or longer

If you are in crisis or thinking about harming yourself, please call 911 or 988, the Suicide Crisis Helpline, right away.

READY FOR THE NEXT STEP?

You don't have to navigate this alone

Talk with one of our Registered Psychotherapists at no cost and no obligation. We will listen, answer your questions, and help you find the right fit.

Book your free 20-minute consultation

or call 905.553.9507

Takes 2 minutes. No credit card. No referral needed. Evenings and weekends available.

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