

6 Steps to Calm

Micro resets for real moments of stress



Blue Ground

A Moment Before We Begin

Calm isn't the absence of pressure — it's the ability to return to steady ground while life keeps moving. For people in high-load roles, calm isn't a luxury. It's a skill, a rhythm, and sometimes a lifeline.

This guide was created for police, responders, military members, and the families who stand beside them. It's built on the idea that calm can be grown — in small moments, through simple resets, and in ways that fit real life, real shifts, and real stress.

These six steps aren't about perfection. They're about returning. Again and again. Back to yourself, back to clarity, back to calm.

Take your time. Move gently. Let this be a space where you can breathe.

With you,
Elise



Why 6 Steps?

Stress hits fast. Calm doesn't always follow.

But calm can be trained — through micro resets that work in seconds, not hours.

The six steps in this guide are designed to:

- interrupt stress before it spirals
- support your physiology
- steady your thinking
- reconnect you to what matters
- help you decompress and reset
- strengthen your recovery window

They're simple, repeatable, and built for real-world moments — on shift, at home, in transition, or anywhere stress shows up.

How to Use This Guide

You don't need to memorise the steps.

You don't need to follow them in order.

You don't need to “get calm” before you begin.

Just start with one.

Then another.

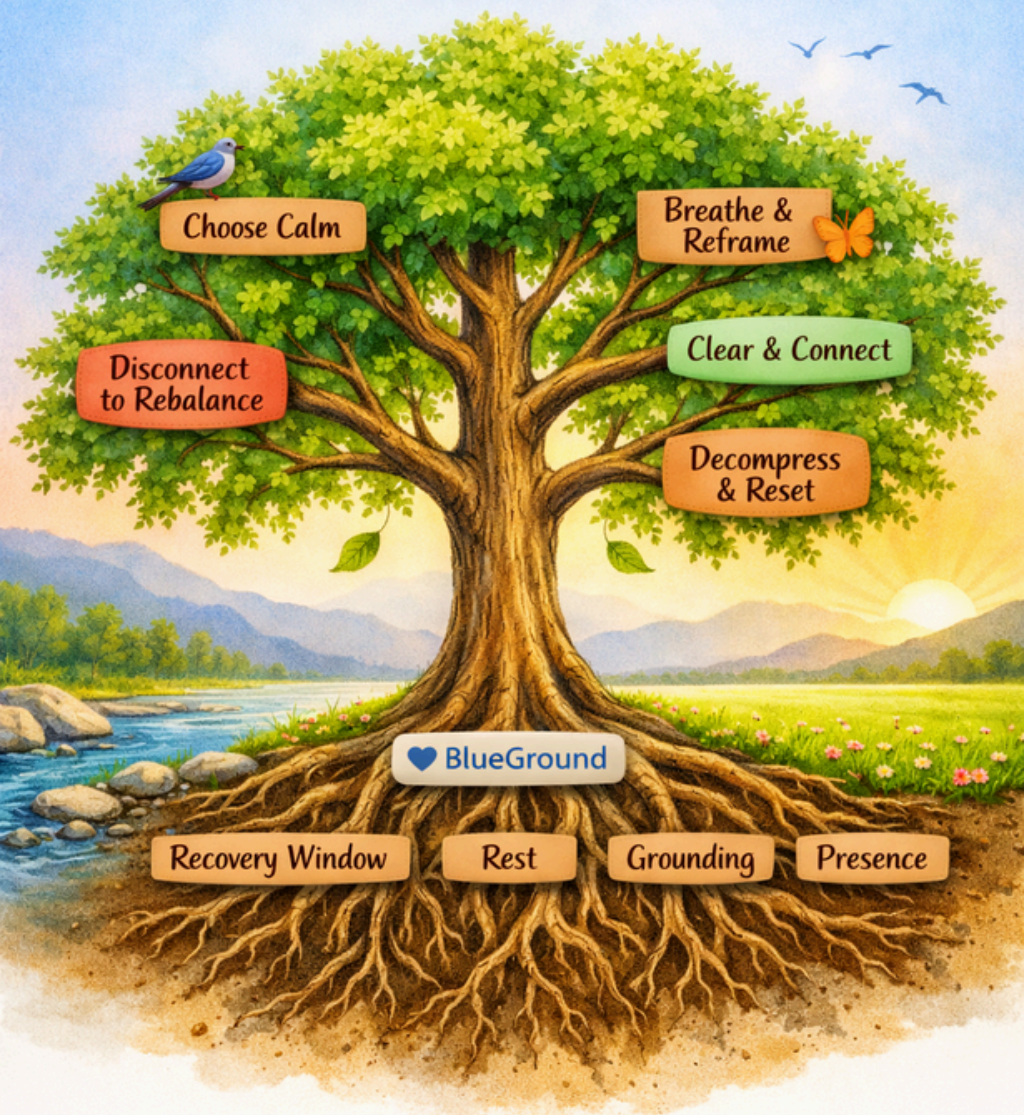
Let calm grow through practice, not pressure.



Blue Ground

Roots of Calm

Strengthening your foundation for lasting resilience



Choose Calm

Breathe &
Reframe

Disconnect
to Rebalance

Clear & Connect

Decompress
& Reset

♥ BlueGround

Recovery Window

Rest

Grounding

Presence

Section 1 — Roots of Calm

Strengthening your foundation for lasting resilience

Calm doesn't begin at the surface. It begins underneath — in the quiet foundations that hold you steady when life becomes loud. The Roots of Calm show what sits beneath every micro reset: the parts of you that anchor, stabilise, and help you return to yourself when stress hits fast.

These roots aren't abstract ideas. They're practical capacities you already use in high-load moments — the same ones that help you make decisions under pressure, regulate your physiology, and stay connected to what matters. When these foundations are strong, calm becomes easier to access. When they're depleted, even small stressors feel heavier.

Recovery Window

Your recovery window is the space where your body and mind can settle after stress. It's where your system resets, repairs, and prepares for the next demand. Strengthening this window isn't about slowing down — it's about creating small pockets of physiological safety throughout your day.

Rest

Rest isn't sleep alone. It's any moment where your system gets to drop out of vigilance. Rest can be micro-moments: a pause, a breath, a shift in posture, a step outside. These tiny rests accumulate, expanding your capacity to stay steady.



Grounding

Grounding brings you back into your body. It interrupts spirals, steadies your breath, and reconnects you to the present moment. Grounding is the bridge between stress and clarity — the moment where your system remembers it has options.

Presence

Presence is your ability to stay connected — to yourself, to others, and to what's actually happening right now. It's the antidote to overwhelm. Presence doesn't require calm; it creates the conditions for calm to grow.

Why the Tree Matters

The branches above represent the six steps — the practical actions you can take in real moments of stress. But those steps only work because of what sits underneath. The tree reminds us that calm is not a performance. It's a practice. And like any living thing, it grows from the roots up.

Reflection

Which root feels strongest for you right now? Which one feels like it needs attention?

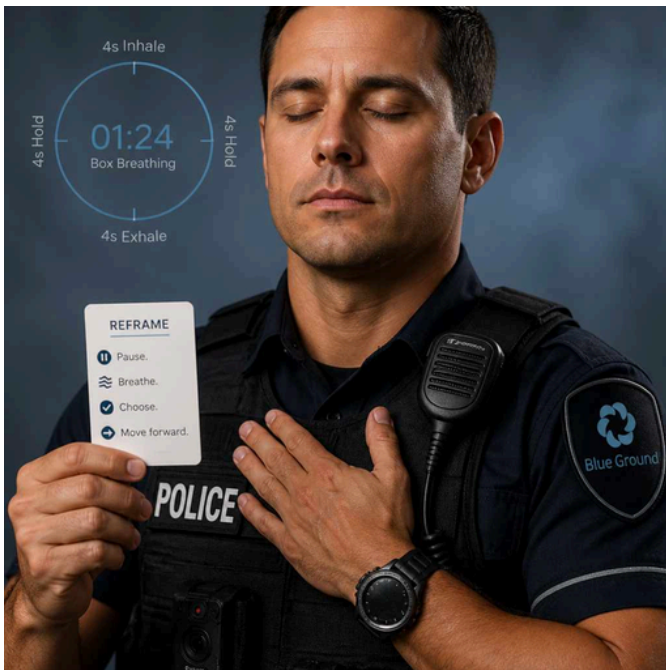


Section 2 — The Six Steps to Calm

Micro resets for real moments of stress

These six steps are simple, repeatable actions that help you interrupt stress and return to steady ground. You don't need to use them in order. You don't need to master them. You just need to practice them — gently, consistently, and in real moments.

Each step is a small shift that creates a big difference.



1. Choose Calm

The moment you decide to steady yourself.

Stress often arrives before you realise it. Choosing calm is the first interruption — the conscious decision to pause, steady, and shift your direction. It's not about feeling calm. It's about choosing the next calm-aligned action.

What it does:

- interrupts automatic stress responses
- re-engages your prefrontal cortex
- gives you agency in the moment

Micro reset:

"I'm choosing calm right now."

Say it internally. Let it mark the transition.

Reflection:

What does choosing calm feel like in your body?



2. Breathe & Reframe

Resetting your physiology and your perspective.

Your breath is the fastest way to influence your nervous system. Reframing helps your mind follow. Together, they shift you out of stress and into clarity.

What it does:

- lowers physiological arousal
- steadies your heart rate
- interrupts catastrophic thinking
- widens your perspective

Micro reset:

Take one slow exhale. Then ask: “What’s actually happening right now?”

Reflection:

Which breathing pattern helps you settle quickest?



3. Clear & Connect

Creating space for clarity and grounding yourself in what matters.

Stress narrows your focus. Clearing helps you widen it again. Connecting brings you back into relationship — with yourself, your environment, or another person.

What it does:

- reduces cognitive clutter
- improves decision-making
- reconnects you to your values
- strengthens situational awareness

Micro reset:

Clear one thing — your desk, your screen, your posture. Then connect — with breath, with someone, or with the moment.

Reflection:

What helps you reconnect fastest when you feel overloaded?



4. Decompress & Reset

Letting your body release tension so your mind can follow.

Stress lives in the body. Decompression helps release the physical load so your system can reset. This step is especially important for responders and military members who carry tension through shifts.

What it does:

- reduces muscular tension
- supports recovery
- improves emotional regulation
- resets your internal rhythm

Micro reset:

Drop your shoulders.

Unclench your jaw.

Exhale fully.

Reflection:

Where does stress sit in your body most often?



5. Disconnect to Rebalance

Creating boundaries that allow your system to settle.

Calm requires space. Disconnecting isn't avoidance — it's strategic recovery. It's stepping back from noise, pressure, or stimulation so your system can rebalance.

What it does:

- reduces cognitive load
- protects your recovery window
- supports emotional clarity
- prevents overwhelm

Micro reset:

Turn away from the screen.

Step outside.

Pause the input.

Reflection:

What small disconnection helps you rebalance quickest?



6. Recovery Window

The space where your system repairs, resets, and prepares.

Your recovery window is the foundation of calm. It's where your physiology returns to baseline and your mind regains clarity. Strengthening this window makes every other step easier.

What it does:

- expands your capacity
- improves resilience
- supports long-term wellbeing
- stabilises your internal rhythm

Micro reset:

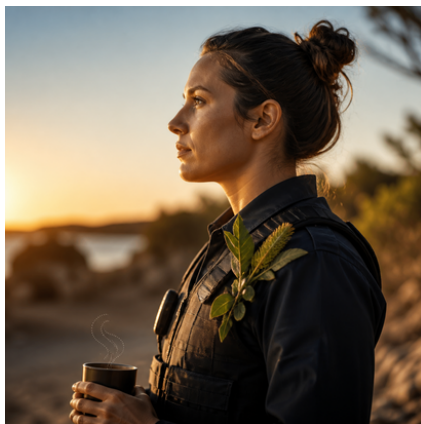
Take 90 seconds.

No tasks.

Just presence.

Reflection:

How can you create more micro recovery windows in your day?



Section 3 — Bringing Calm Into Rhythm

How calm becomes part of your day, not just a moment.

Calm isn't something you visit. It's something you return to. And the more often you return, the easier it becomes to find.

The six steps work best when they're woven into your rhythm — the way you move through shifts, home life, and the transitions in between. This section helps you integrate calm into the places where stress actually shows up.



Calm On Shift

Steadying yourself in operational environments.

Shifts demand vigilance, speed, and clarity. Calm doesn't remove those demands — it supports them. Micro resets help you stay sharp without burning through your capacity.

How to use the steps on shift:

- **Choose Calm** before stepping out of the vehicle or entering a scene.
- **Breathe & Reframe** after a spike of adrenaline or a difficult interaction.
- **Clear & Connect** when your mind starts to clutter or tunnel.
- **Decompress & Reset** during natural pauses — between jobs, at the station, in the car.
- **Disconnect to Rebalance** by stepping outside, turning away from noise, or pausing input.
- **Recovery Window** during micro breaks, even 60–90 seconds at a time.

Shift reflection:

Where does calm fit naturally into your operational rhythm?



Calm At Home

Rebuilding your baseline after carrying load.

Home is where your system tries to repair. But stress often follows you through the door. Calm at home isn't about being peaceful — it's about giving your system permission to settle.

How to use the steps at home:

- **Choose Calm** before entering the house or greeting family.
- **Breathe & Reframe** when your mind is still in “work mode.”
- **Clear & Connect** by grounding in small routines — shoes off, lights down, slow breath.
- **Decompress & Reset** with physical release — shower, stretch, walk, unwind.
- **Disconnect to Rebalance** by reducing stimulation (noise, screens, notifications).
- **Recovery Window** through small rituals — tea, quiet time, a pause before conversation.

Home reflection:

What helps you shift from vigilance to presence?



Calm In Transition

The space between roles, moments, and demands.

Transitions are where stress often accumulates — between jobs, between conversations, between environments. Calm in transition helps you reset before the next demand arrives.

How to use the steps in transitions:

- **Choose Calm** when you feel yourself speeding up internally.
- **Breathe & Reframe** in the car, in hallways, or between tasks.
- **Clear & Connect** by adjusting posture, clearing your hands, or grounding your feet.
- **Decompress & Reset** with one long exhale or a shoulder drop.
- **Disconnect to Rebalance** by pausing input before the next interaction.
- **Recovery Window** in micro pockets — 30–90 seconds of stillness.

Transition reflection:

Which transition in your day feels the heaviest, and what would lighten it?



Bringing It All Together

Calm isn't a destination. It's a rhythm — a cycle of choosing, breathing, clearing, decompressing, disconnecting, and recovering. The more often you return to these steps, the more your system learns the pathway back to steady ground.

Calm becomes something you grow, not something you chase. Something you practice, not something you perform. Something that strengthens you, not something that softens you.

These six steps are small, practical actions for real moments of stress — on shift, at home, and in the transitions in between. They're designed to work in seconds, not hours. And over time, they build a foundation of resilience that supports your wellbeing, your relationships, and your capacity to keep showing up in the roles that matter.



Closing Reflection

Take a moment.
A breath.
A pause.
Let your system settle.

Ask yourself gently:
Where does calm grow in my life — and how can I return to it more often?

Calm isn't found.
It's grown.
And you have everything you need to grow it.

