

— B O N U S G U I D E —

Calm the Storm



Quiet your mind, one breath at a time

Dede Okeke

BEFORE WE BEGIN

A Note From Dede



Welcome, friend.

After a hurt, the mind can get very loud. It replays the past. It asks “what if” all night. It will not rest. This guide gives you simple tools to calm that storm.

How to use this guide

- Read one page at a time.
- Try one tool each day.
- Keep what helps. Drop what does not.
- Finish with your Calm Plan on page 11.

This guide is general advice. It does not replace a doctor or a counselor. If your worry is very heavy or lasts for weeks, please talk to one.

With love,

Dede Okeke

WHY IT HAPPENS

Why the Mind Races



When you have been hurt, your mind turns into a guard. It watches. It checks. It tries to make sure you are never hurt that way again.

So it asks questions all day and all night. *What if? Why? What should I have done?*

Nothing is wrong with you

A racing mind is a tired guard. It is trying to help. But the guard needs rest too.

You cannot stop every thought. But you can learn to not follow each one.

What this guide gives you

- Ways to slow your body.
- Ways to sort fact from fear.
- Ways to sleep better.
- Kind words to say to yourself.

THE LOOP

The Worry Loop



Overthinking goes in a circle. It looks like this:

1. A thought pops up.
2. You replay it again and again.
3. You feel worse.
4. Your mind tries harder to fix it, and the loop starts again.

Signs you are in the loop

- Same thoughts, same questions, no new answer.
- A tight chest or a tight stomach.
- Trouble sleeping or eating.
- Cannot focus on what is in front of you.

The first step

Say to yourself: “**I am in the loop.**” Just naming it begins to loosen it.

SLOW YOUR BODY

Breathe Slowly



When the mind races, the body races too. Slow the body, and the mind follows.

The 4-6 breath

1. Breathe in through your nose. Count to 4.
2. Breathe out slowly through your mouth. Count to 6.
3. Do this five times.
4. Let your shoulders drop.

A long breath out tells your body, “We are safe.”

Slow breath, slow heart, slow mind.

Try it when you wake up, when you feel a wave of worry, and before you sleep.

COME BACK TO NOW

The 5-4-3-2-1 Tool



Worry lives in the past and the future. This tool brings you back to **now**.

Look around you and name:

1. 5 things you can see.
2. 4 things you can touch.
3. 3 things you can hear.
4. 2 things you can smell.
5. 1 thing you can taste, or one slow breath.

Go slowly. Say each one in your mind or out loud.

This tool works because you cannot be in the past and in the room at the same time. Come back to the room.

The Worry Window



Here is a surprising trick. Do not fight your worries all day. Give them a **time** instead.

How it works

1. Pick 15 minutes each day. Not before bed.
2. When a worry comes at another time, say, “Not now. I will think about you at my window.”
3. At your window, sit with a notebook and let the worries come.
4. When the timer ends, close the notebook.

Many worries shrink by the time the window comes. The ones that remain, you can face with a clear head.

FACT OR FEAR?

Sort Your Thoughts



A fear can feel exactly like a fact. Sort them on paper.

Fact	Fear
I can prove it	I am guessing
It is happening now	It might happen later
It is clear	It is “what if”
I can act on it	I cannot control it

Three questions

1. Is this a fact or a fear?
2. What would I tell a friend who had this thought?
3. What is one small thing I can do now?

Night Calm



Nights are the hardest. The room is quiet, and the mind gets loud. A gentle routine helps.

Before bed

- Put the phone away for the last 30 minutes.
- Drink some water. Skip heavy food late.
- Write tomorrow's to-do list, so your mind can let go.
- Dim the lights. Wash your face.
- Do the 4-6 breath in bed.

If you cannot sleep

Do not fight it. Get up, sit in dim light, and read something soft. Go back when you feel sleepy. Resting your body still helps, even without sleep.

BE KIND

Kind Words



Listen to how you talk to yourself. Many of us are harsh. We would never say those words to a friend.

Harsh voice	Kind voice
I am a fool.	I did my best with what I knew.
I will never heal.	I am healing, slowly.
It is all my fault.	I can learn, and be gentle.
I am too much.	My feelings are real.

Choose one kind sentence. Say it each morning in the mirror. It may feel odd at first. Say it anyway.

YOUR PAGE

My Calm Plan



Fill this in. It is your own map for stormy days.

Calm tool: _____

Calm place: _____

Person to call: _____

Kind sentence: _____

Good habit: _____

If your worry is very heavy, or you feel unsafe, please call someone you trust or local help right away.



THANK YOU



*Storms pass. Your mind can rest. Be gentle with yourself,
one breath at a time.*

*This guide gives general encouragement and education. It is not medical, legal,
or mental health advice. If you are in danger, please contact local emergency or
crisis help.*

Thank You!

Your Healing Journey Begins Here.



A Beautiful New Chapter Awaits You

"Thank you for choosing yourself, your peace, and your healing. May these pages remind you that your story is far from over."

*With love,
Dede Okeke*