

CALMING STRATEGIES FOR ADULTS

Big Life Journal



DO DEEP
BREATHING



NAME MY
FEELING



LISTEN TO
MUSIC



LISTEN TO
NATURE SOUNDS



HOLD MY PET



CALL A FRIEND



LAY DOWN WITH
EYES CLOSED



LOOK AT
PHOTOS



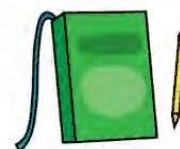
DO TAPPING



DOODLE



KNIT OR CROCHET



JOURNAL



APPLY CALMING
OILS



MAKE A CUP
OF TEA



GIVE SOMEONE
A HUG



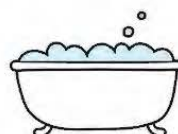
SAY AN
AFFIRMATION



TAKE A BRISK
WALK



READ A POEM



TAKE A WARM BATH



WATCH AN
UPLIFTING VIDEO



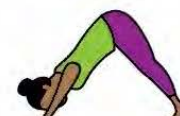
VISUALIZE MY
FAVORITE PLACE



DANCE TO MY
FAVORITE SONG



HOLD AN
ICE CUBE



DO A FEW YOGA
POSES

Over 500,000 children around the world use Big Life Journal's products with great success! Join them today!

"At the moment, my child is having a few issues with resilience and frustrations that he only demonstrates at home and **this tool kit has been a massive help for me to find him ways to cope with negative self-talk and to build resilience and confidence.**

I cannot recommend this product enough."

- Natalie R.

★★★★★

Get Resilience Kit



"My daughter and I both have struggled with self-esteem. **When feelings of inadequacy and low self-esteem are addressed and discussed it makes a huge difference!** The Big Life Journal products have given us an interactive and creative way to do this!"

- Sharon B.

★★★★★

Get Confidence Kit



Shop All Store

Use our resources and see your children become more **CONFIDENT**,
RESILIENT, and **SELF-LOVING**!

Enjoy Your Free Printable!

By downloading this file, you are agreeing to the
["Terms of Use"](#).

Reselling of Big Life Journal printables is strictly prohibited. Posting Big Life Journal files or download links on websites, on social media, inside forums, in virtual classrooms, on personal or organization storage sites (Google Drive, Dropbox, etc.), inside chats, inside Facebook groups, and the like is strictly prohibited.

Forwarding our newsletter with the printables to your friends, colleagues, family, etc. is permitted.

You may only print Big Life Journal printables for your personal or classroom use. No other use is authorized. Please email hello@biglifejournal.com to request a specific use for our printables.

You may not use Big Life Journal printables (free or purchased) in your professional practice with clients (coaching, therapy, private classes and the like) without purchasing a professional license. For more information about professional licenses, please contact support@biglifejournal.com

It is illegal to reproduce or distribute copyrighted material without the permission of the copyright owner.