

A Simple Guide to Staying Calm in the Moment

Do you find yourself reacting emotionally before you've had a chance to think? Agitation, frustration, and overwhelm can make it hard to pause, reflect, and choose how you respond.

This **free downloadable guide** will help you:

- ✓ Understand your emotional reactions **in the moment**
- ✓ Shift from **reacting** to **responding** with self-awareness
- ✓ Use a simple **breathing technique** to calm your nervous system
- ✓ Ask **powerful reflective questions** to gain clarity
- ✓ Use **go-to grounding phrases** to help you stay in control

This **practical tool** will help you **build emotional resilience** and feel more in charge of your reactions—one moment at a time.

Step 1: Interrupt the Reaction with a Grounding Phrase

When you feel yourself becoming reactive, use a quick grounding phrase to pause before escalating. Below are a few suggestions to choose from. You might find that, depending on the situation, a different grounding phrase will be required. Try them out and see which work best for you. Or create ones of your own that encourage you to move through the process.

- ⚙️ "Pause. Breathe. Choose."
- ⚙️ "I don't have to react right now."
- ⚙️ "Is this reaction helping or hurting me?"
- ⚙️ "What's the bigger picture here?"
- ⚙️ "What do I actually need right now?"

👉 **Why this works:** Saying a phrase like this out loud (or in your head) interrupts automatic reactions and signals your brain to slow down and reflect instead of reacting.


Step 2: Regulate with Deep Breathing

Now that you've paused, help your nervous system settle with a simple deep breathing technique like Box Breathing:

📦 **Box Breathing (4-4-4-4 Method)**

1. Inhale deeply through your nose for 4 seconds.
2. Hold your breath for 4 seconds.
3. Exhale slowly through your mouth for 4 seconds.
4. Hold for 4 seconds before inhaling again.

🔄 Repeat 4 times.

 **Why this works:** A deep breathing technique helps switch off the fight-or-flight response, reducing the mind fog caused by the emotional intensity and helping you think more clearly.

Step 3: Ask Yourself Reflective Questions

Once you've calmed your initial reaction, use these quick reflective questions to get some clarity:

Notice Your Emotional State

- What exactly am I feeling right now?
- Where do I feel it in my body?
- How intense is this feeling on a scale of 1 to 10?

Explore What's Triggering You

- What just happened that caused this reaction?
- Am I reacting to the present, or is this reminding me of something from the past?
- What meaning am I attaching to this situation?

Shift Perspective

- If I were watching someone else in my situation, what advice would I give them?
- Could there be another way to interpret this?
- Is my reaction based on facts, assumptions, or fears?

Choose a Response That Serves You

- What outcome do I actually want here?
- What's the most helpful thing I can do for myself right now?
- How will I feel about this in an hour? A day? A year?


Initially this may take a little time, but with consistent practice, you will start to notice that these reflective questions start coming up automatically to help support you.

Final Thoughts

Every time you pause before reacting, you're training your brain to stay in control rather than being controlled by emotions. The more you practice, the easier it becomes to respond with calm, clarity, and confidence.

With consistent practice, these steps can help you feel more in control of your emotions and respond thoughtfully, not reactively.

 **Try This:** Print this guide or save it on your phone for quick access when you need it most.

 **Need more support?** Visit <https://chriscampbell.coach/> for more resources and personalised support to build emotional resilience.
