

Return to the Calm

a Journal for Parents

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WE ARE ON
THE SAME

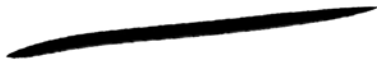
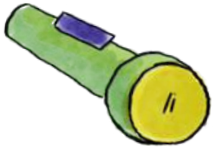


Make a list of some of the goals you and your child share together.



I AM MY CHILD'S

Fill the light with your strengths.



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Observe. Observe.  bserve.



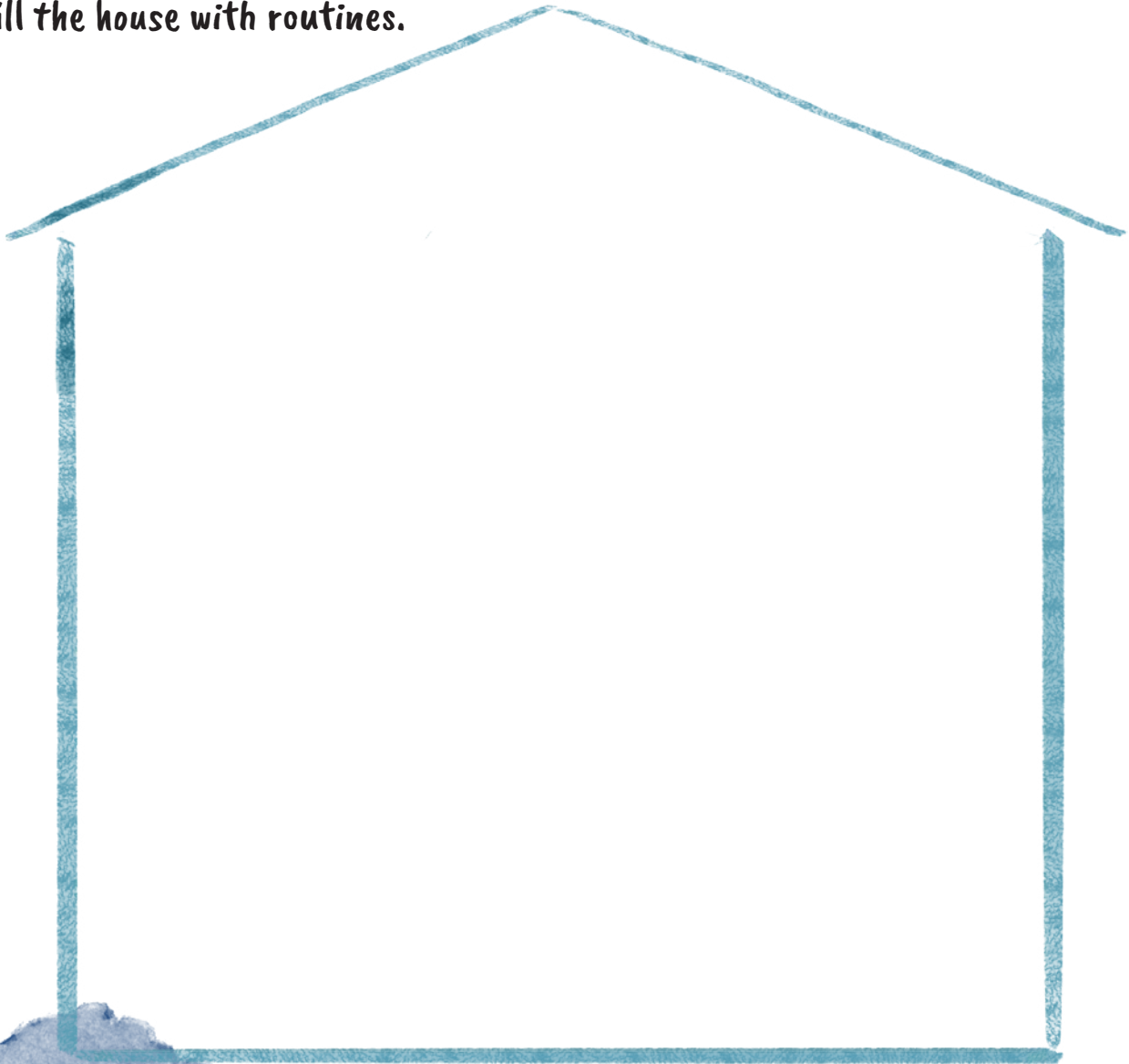
Investigate your child's triggers and create a document of the evidence you find.



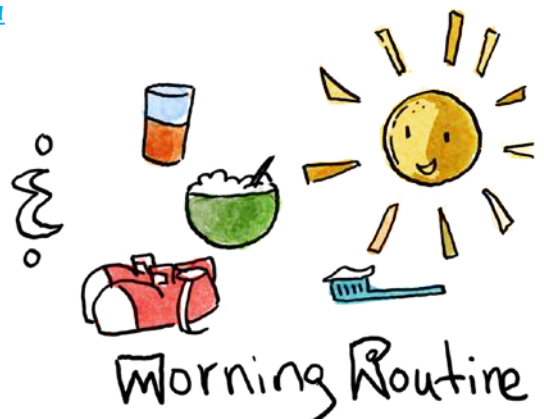
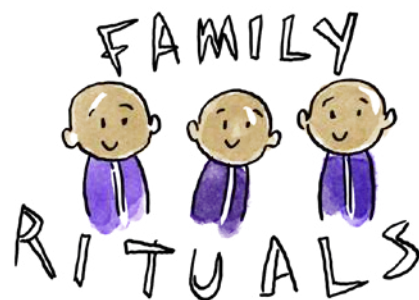
STICK to the ROUTINE!

Anxious children thrive on predictability.

Fill the house with routines.



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I am on a Beach



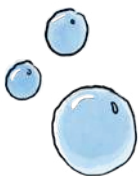
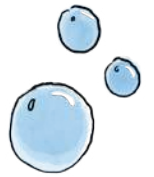
Draw yourself in a soothing, happy place to imagine in time of need.



The only way across this swift,
deep river is to go through it.



Write your dark feelings from the bottom to the top
so that they may rise and move past you.

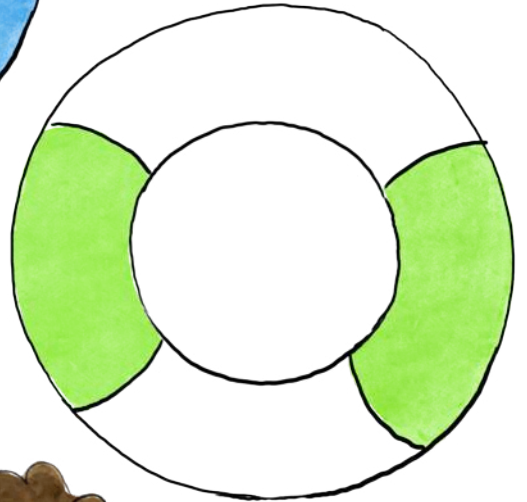
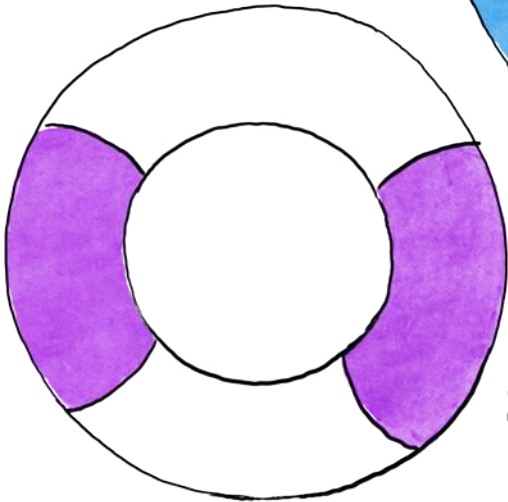
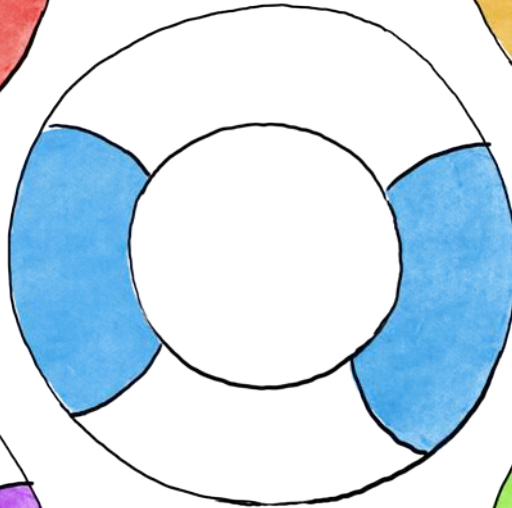
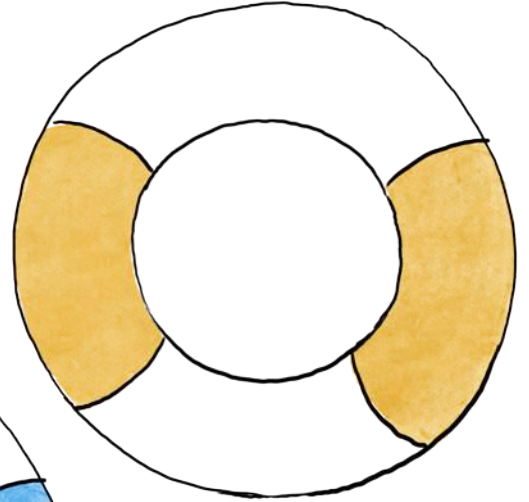
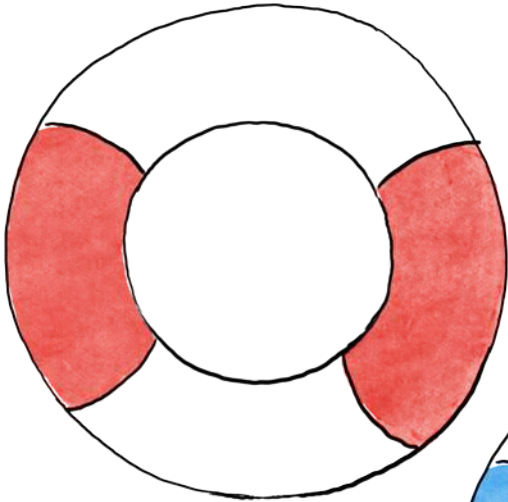


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HELP IS AVAILABLE.

Fill the life rafts with those you can turn to.

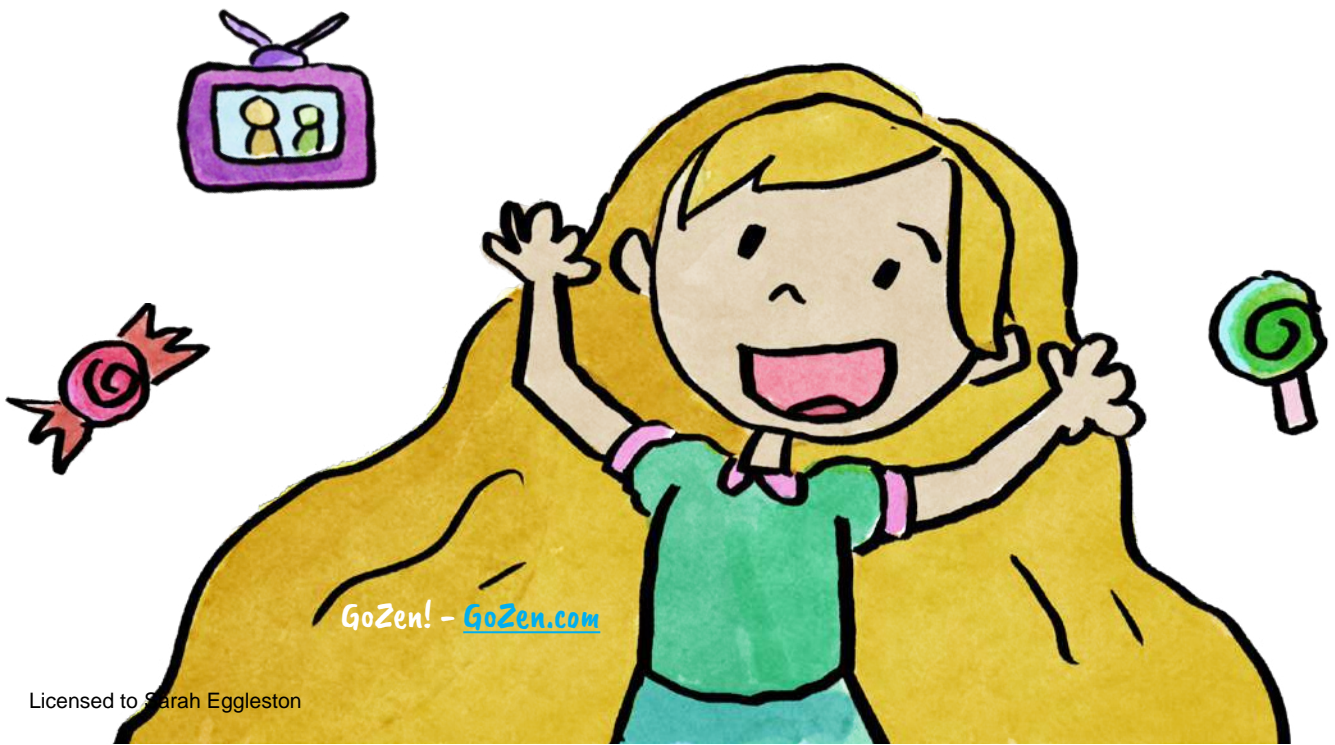


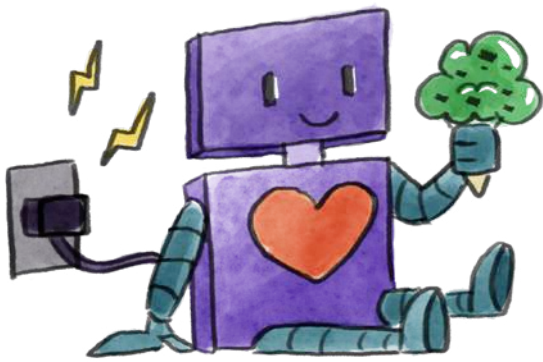
what would make your child

LAUGH

right now?

Think it, draw it, write it, do it.





In this moment, right now,
what can I do to

REBOOT

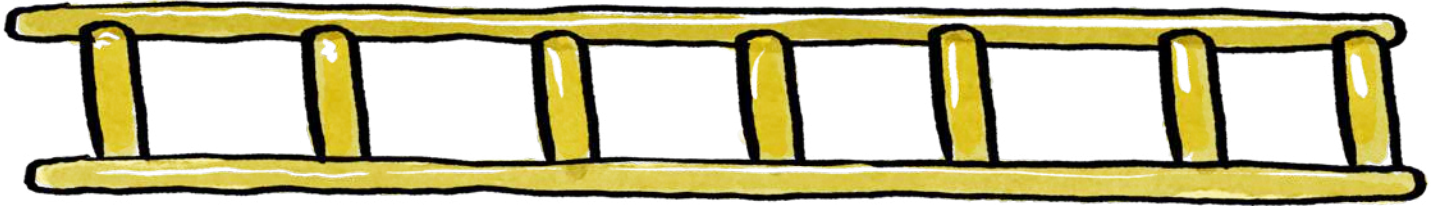
my well-being?

Write a very long list for you to reference when you need it.

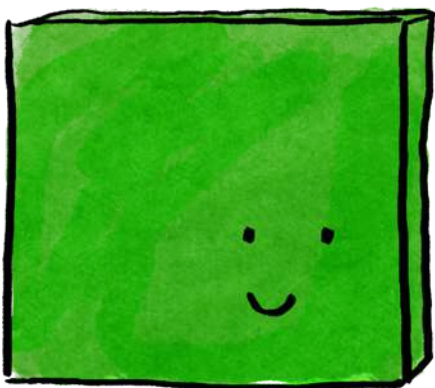


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Progress is never linear.



What progress have you and your child made?
Write any progress you've made no matter how big or small.



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MEDITATE

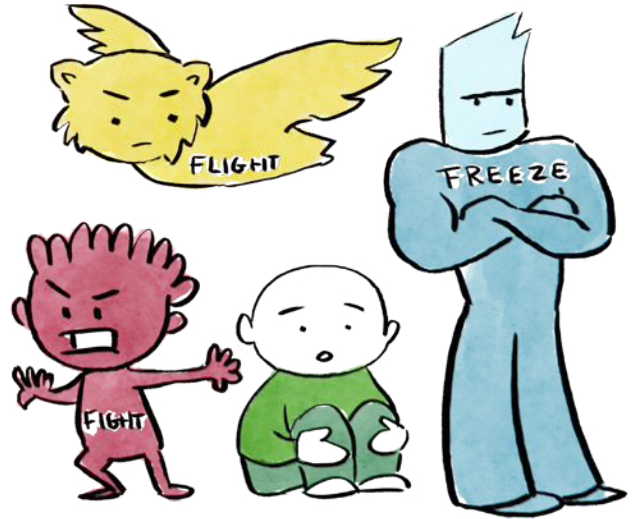
Be still and focus on your breath.



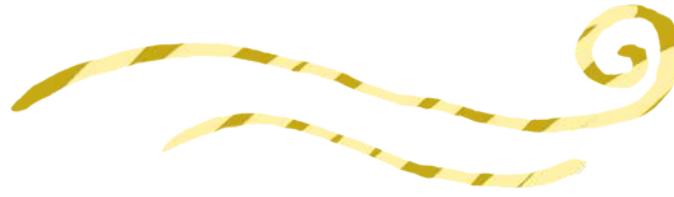
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Anxiety serves a Purpose

Write a short story about your child's strengths.



Breathe



Take three deep breaths.

How do you feel?





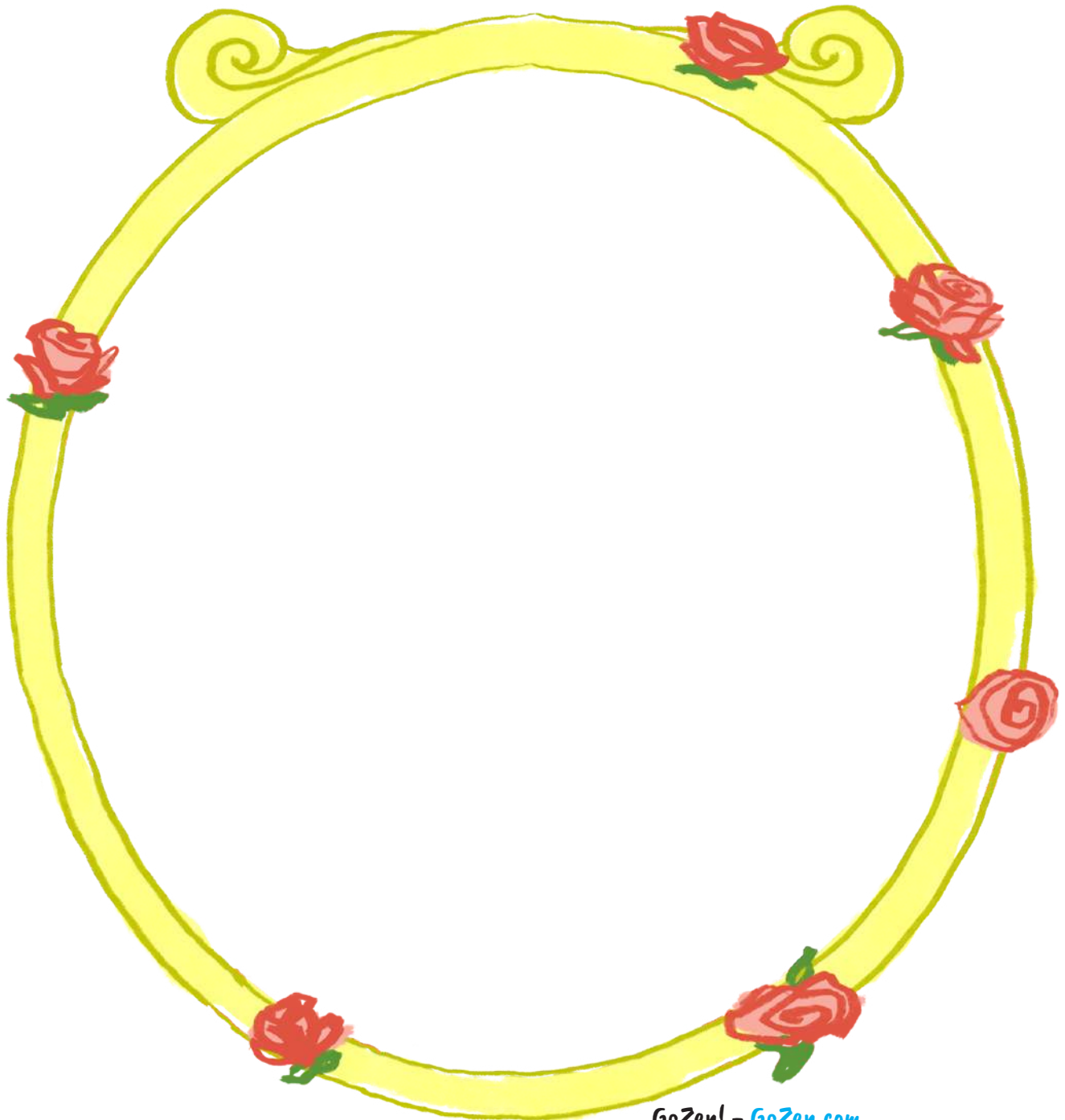
**THIS TOO
SHALL PASS**

*Turn your negative feelings into clouds
and imagine them drifting away.*



My child's anxiety is not a
Reflection
of my parenting.

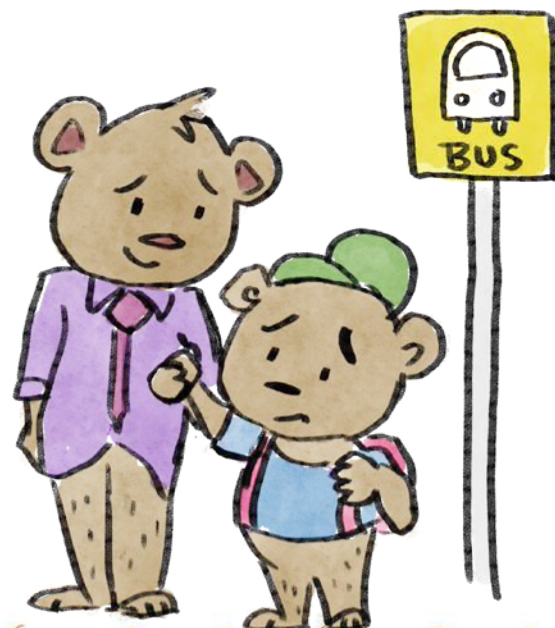
Write the things you love about your parenting in the mirror's reflection.



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My job is to help my child become a
functioning adult.

Come up with a formula to solve one of your child's struggles.



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**I'm going
to take a Break**

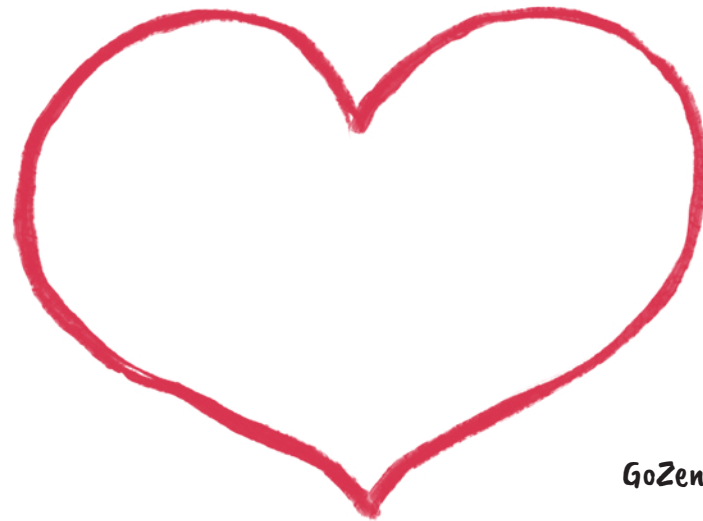
Draw yourself in a state of total relaxation.



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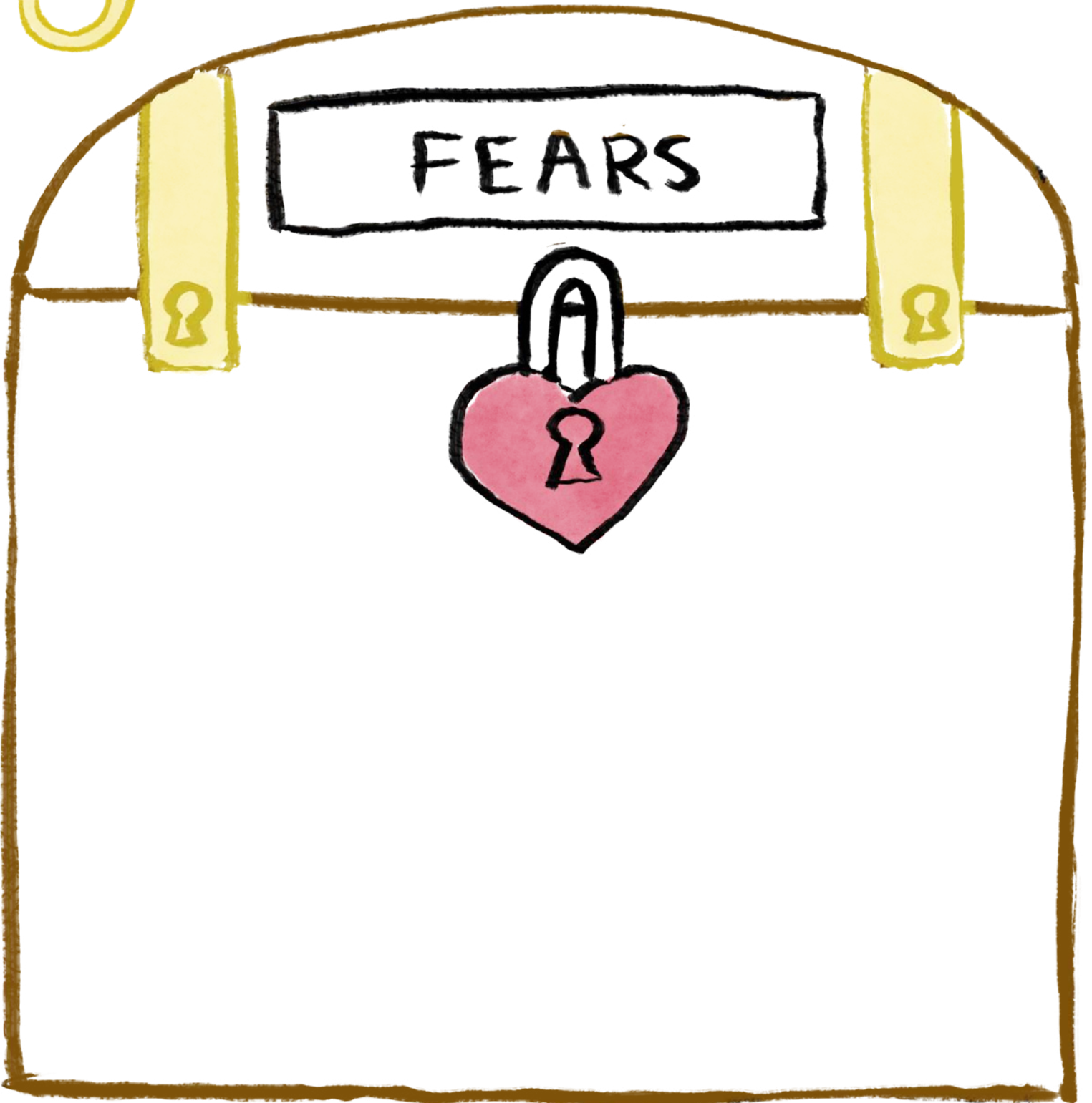
I you. I'm here for you.

Fill the hearts with those that you love.



She/he does not know how to deal with this.

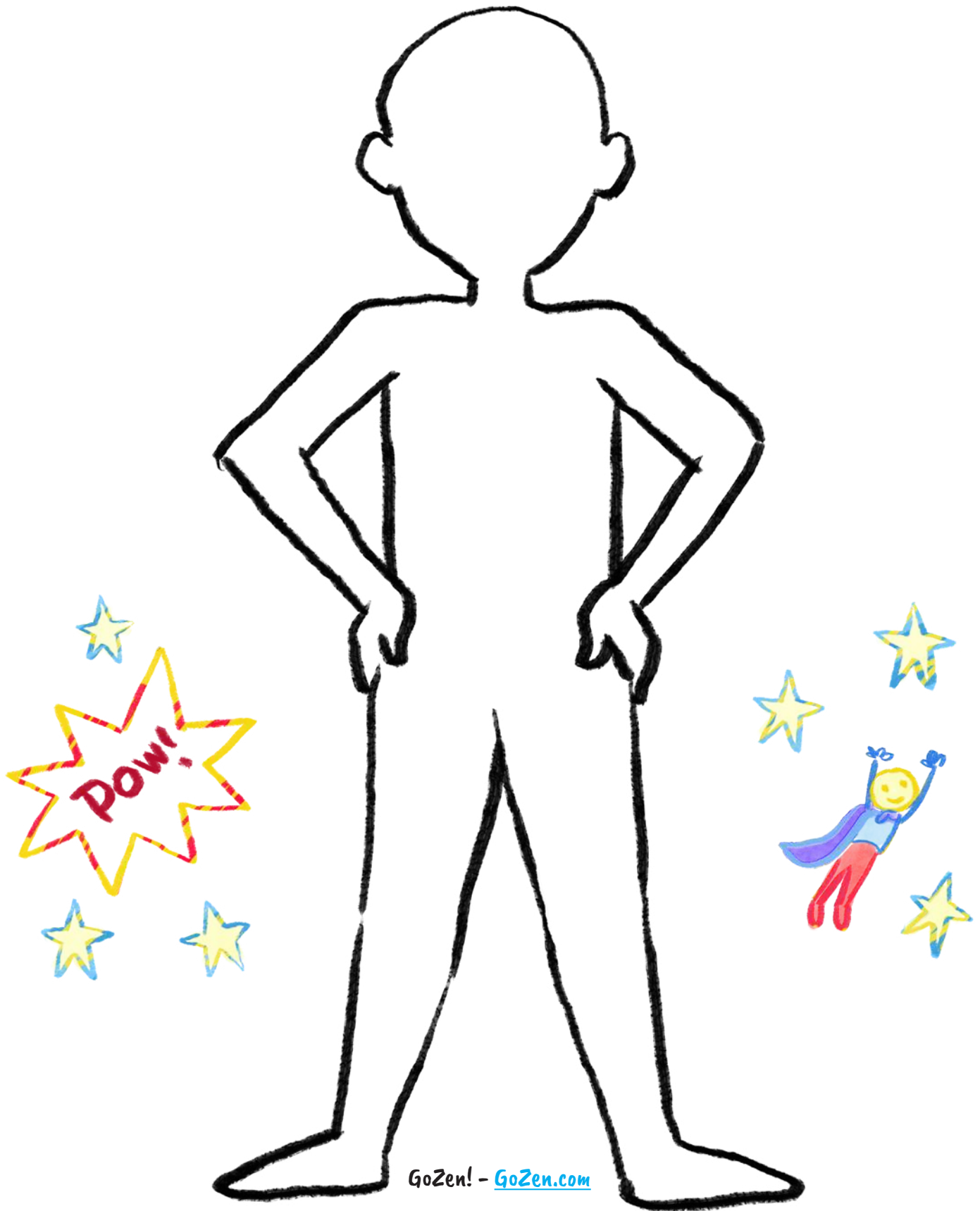
Fill the box with your child's fears to keep them safe.



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I AM A HERO.

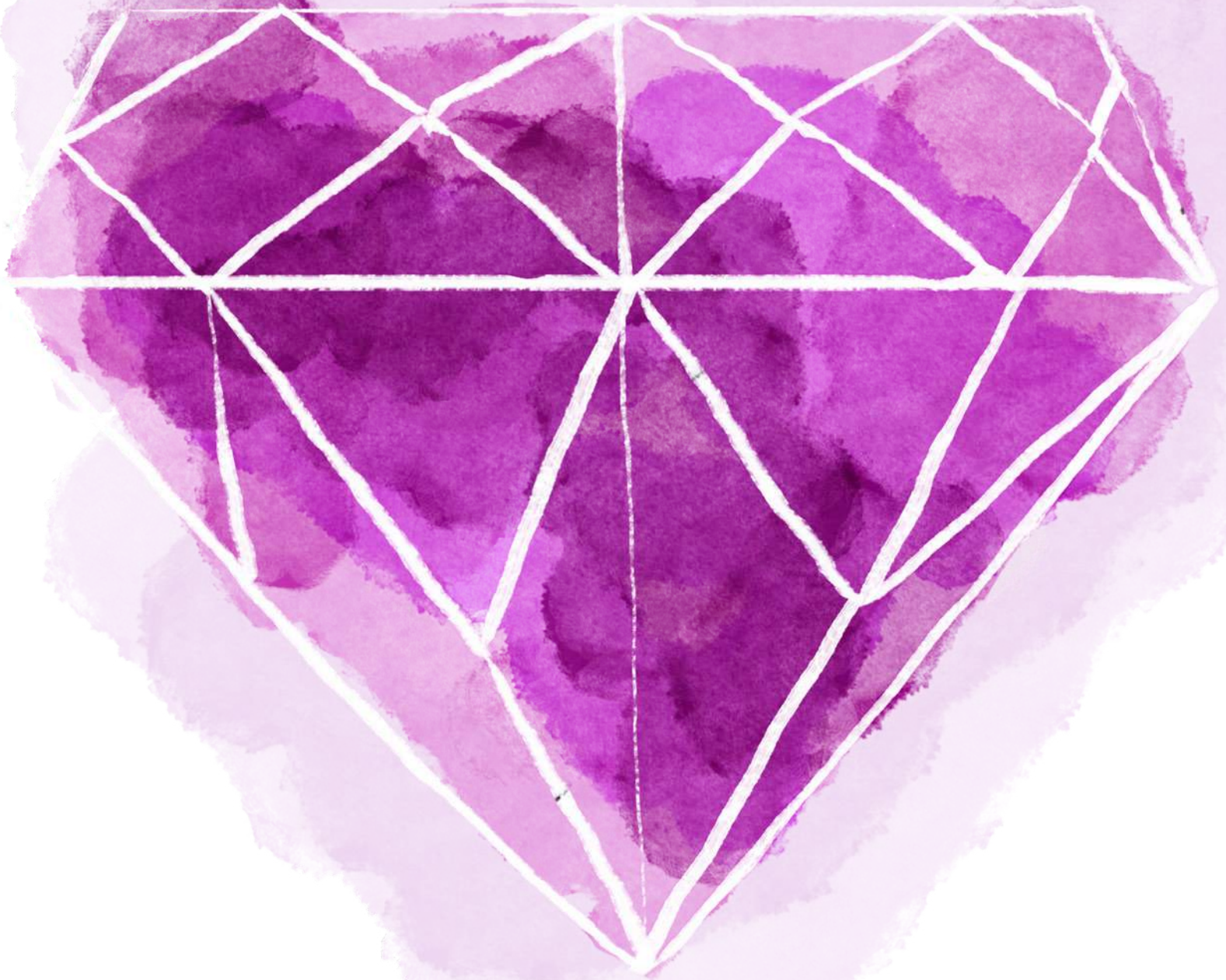
Draw yourself as your child's superhero.



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I HAVE CONTROL OVER MY REACTION.

*Place your hand on the paper and feel your
negative feelings pass through your
palm and into the gem.*



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I'm doing the best I can.

Circle the words that you feel you embody.
Underline the words that you strive to achieve.

loving

Supportive

thoughtful

generous

considerate

empathetic

Compassionate

growing

inspiring

hopeful

curious

honest

trustworthy

positive

encouraging

motivated

patient

understanding

open-minded

mindful

respectful

responsible