



# THEORY SUMMARY

Exercises from  
Steps 1-8 + Bonus



# CalmSynergy Theory Summary

Here you'll find the key theory-based exercises from the book. Ideal for deepening your understanding or refreshing your memory at any time. Your calm isn't a destination—it's a practice. These tools help you move forward, one simple step at a time.

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# CalmSynergy Theory Summary

Exercises From Steps 1 - 8 + 2 Bonus Exercises

## STEP 1 Exercise: Understanding Your Anxiety Auto-Pilots

### *Auto-Pilot Reflection*

Take a quiet moment and ask yourself:

- How many moments in my life have been negatively shaped by thoughts running on auto-pilot?
- What might my life feel like if I interrupted those patterns and replaced them with calming, conscious choices?

Write your answers on paper, on your phone, wherever works.

Create two lists:

1. Where anxiety-driven auto-pilot has affected me.
2. Where I could bring in more calm through conscious awareness.

Keep adding to these lists as new insights emerge. Revisit them weekly—not just to reflect but to celebrate your progress. Each new entry is a step toward freedom.

## STEP 2 Exercise: Create Your Own Mini Reset

Set aside 5–10 minutes each day for movement and breath exercise. You can fit them in:

- During your lunch break
- Between meetings
- Before bed
- First thing in the morning

The goal isn't perfection. The goal is *release*.

## STEP 3 Exercise: Training the Mind: Practice Makes Peace

Revisit any section from Step 3 that triggered feelings of anxiety. Reinforce your own power to choose calm, even amid discomfort.



**You are not at the mercy of your mind—you are mastering it.** Your brain is learning.

## **STEP 4 Exercise: Create Your Personal Mindfulness Ritual**

Follow these simple steps to create a practice that feels authentic and sustainable:

### **a) Choose Your Time**

Pick a time that works best for you. It could be:

- First thing in the morning (set the tone for your day)
- Midday (recalibrate after stress)
- Before bed (wind down your nervous system)

**Start with just 5 minutes.** You can always expand later.

### **b) Choose Your Space**

Designate a calm, comfortable area—your own little sanctuary.

It could be:

- A quiet corner with a cushion or chair
- A cosy spot near a window
- A place with soft lighting, a blanket, or calming scents

This space serves as a visual cue to pause and reconnect with yourself.

### **c) Choose Your Practice**

Start simple. Pick one of the following to begin:

- **Mindful breathing:** Inhale for 4, exhale for 6. Focus on your breath.
- **Sensory check-in:** Notice 5 things you see, 4 you hear, 3 you feel, 2 you smell, 1 you taste.
- **Gratitude pause:** Name 3 things you're grateful for right now.

Choose what resonates with you—there's no right or wrong

### **d) Commit Gently**

You don't need to "get it right."

Just show up.

Some days, your mind will wander. That's okay.



Mindfulness is not about perfection—it's about **presence**.  
Keep it light. Keep it kind. Keep it consistent.

## **STEP 5 Exercise: Move to Ease Anxiety**

A 7-Day Mindful Movement Challenge to Support Your Body and Calm Your Mind

### **Day 1: Brisk Walk + Breath Awareness**

- Go for a 10–20 minute walk (indoors or outdoors).
- As you walk, match your breath to your steps. For example, inhale for 3 steps and exhale for 3 steps.
- Focus on your breath, the rhythm of your body, and your surroundings.

### **Day 2: Bodyweight Flow + Gratitude Stretch**

- Try 3 rounds of:
- 10 squats
- 10 push-ups (on knees or standing wall push-ups)
- 10 lunges (or march in place)
- End with a full-body stretch while mentally naming 3 things you're grateful for.

### **Day 3: Yoga for Grounding**

- Follow a beginner's yoga video (10–20 min), or create your own gentle flow with poses like Child's Pose, Cat-Cow, Downward Dog, and Seated Forward Fold.
- Breathe slowly through each movement.

### **Day 4: Dance for Joy**

- Put on your favourite upbeat playlist and dance like no one's watching—for at least 10 minutes.
- Let go. Smile. Release.

### **Day 5: Strength & Stillness Combo**

- Do 2 rounds of:
- 12 squats
- 12 overhead presses (use light dumbbells or water bottles)
- 30-second plank
- End with 5 minutes of quiet sitting or lying down, focusing on your breath.



## Day 6: Nature & Movement

- Take your movement outdoors if possible—go for a nature walk, bike ride, or hike.
- Pause mid-way to breathe deeply and take in your surroundings. Let nature reset your nervous system.

## Day 7: Movement + Reflection

- Choose any movement you've enjoyed this week. Repeat it today.
- Afterwards, write or think about:
- What movement did I choose today, and how did it feel?
- How did my mood or anxiety levels shift during/after the session?
- What would I like to try again? What would I do differently next time?

**Total Time:** 10–30 minutes per day

**Goal:** Build consistency, not perfection

# STEP 6 Exercise: The Relaxation & Sleep Ritual

## A Mind-Body Reset to Reduce Anxiety, Release Tension, and Prepare for Restful Sleep

This full-spectrum relaxation routine brings together the most effective anxiety-relieving techniques from Step 6. It's designed to train your body and mind to transition from stress to serenity—and prepare you for the deep, healing sleep your mind craves.

**Duration:** 20–40 minutes (customizable)

**Best time:** One hour before bed or during a high-stress moment

**Goal:** Activate the parasympathetic nervous system, promote emotional release, and cultivate inner calm

### Set the Space (2–5 mins)

- Dim the lights or light a candle.
- Diffuse **lavender or chamomile essential oil** (or add a few drops to your bathwater if you're starting there).
- Silence your phone. Turn off distractions.
- Put on a **soothing playlist** (ambient, acoustic, or instrumental) with a tempo of 60–80 BPM.

🎵 *(Tip: You can use your pre-made calming playlist from Section 6.3.)*



### **Breath & Body Awareness (5 mins)**

- Sit or lie down comfortably.
- Begin a **Body Scan Meditation**: Close your eyes. Bring your attention to your toes. Slowly scan up your body, noticing any tension or sensations. As you breathe in, silently say: “I feel.” As you exhale, silently say, “I release.” Continue through each area of your body, from feet to face.

### **Visualization Meditation (5–10 mins)**

- Envision a place that feels completely safe and calming—your “inner retreat” (beach, forest, mountain, etc.).
- Engage all your senses:
- What do you see, hear, smell, feel, and taste?
- Stay in this mental space for a few minutes, breathing deeply.

### **Loving-Kindness Practice (2–3 mins)**

- Silently repeat the following:
- “*May I be calm.*”
- “*May I be safe.*”
- “*May I rest.*”
- After a few rounds, extend the same wishes to someone you care about... then to someone you feel neutral toward... and finally to someone you’ve struggled with.

### **Progressive Muscle Relaxation (5–7 mins)**

- Starting with your feet, gently tense each muscle group for 5 seconds, then fully release.
- Feet → Legs → Stomach → Chest → Arms → Shoulders → Face
- After each release, exhale deeply and release any remaining tension.

### **Final Wind-Down (3–5 mins)**

- Sit quietly or lie in bed.
- Play one final piece of calming music.
- Close your eyes. Take 3–5 long, deep breaths.
- Whisper to yourself: “*I am safe. I am calm. I am ready to rest.*”



## STEP 7 Exercise: The CalmSynergy Connection Reset Ritual

**Strengthen your relationship with yourself so you can show up with calm, clarity, and confidence in your relationships with others.**

*“When you build emotional safety within, you stop looking for it in all the wrong places.”*

This multi-part exercise guides you through a series of reflective and practical steps to help rewire how you relate to yourself and to those around you. You’ll explore self-awareness, set boundaries with love, speak up for your needs, and create affirmations that honour your truth.

### 1: Reconnect With Self

Take 5 minutes in a quiet, safe space. Breathe deeply. Then, answer the following in your journal:

- What do I need most from myself right now?
- Where have I been ignoring or silencing my own voice?
- What would self-kindness look like for me today?

*Affirmation anchor: “I return to myself with compassion and care.”*

### 2: Identify an Anxious Relationship Pattern

Think of one relationship where anxiety tends to show up—past or present. Then answer:

- What fear do I feel in this relationship? (e.g. rejection, abandonment, conflict)
- What do I tend to do to feel safe? (e.g. withdraw, over-apologize, please, avoid)
- How would I like to respond instead, from a calm, grounded place?

*Affirmation anchor: “I can stay grounded in who I am, even when connection feels hard.”*

### 3: Practise Active Listening

Choose a simple opportunity today to fully listen to someone—without interrupting, fixing, or rehearsing your reply.

Just be present.

Afterwards, reflect:

- How did it feel to truly listen without rushing to speak?
- How did the other person respond?
- What did I notice about my own energy during the interaction?

*Affirmation anchor: “I connect through presence, not pressure.”*



#### 4: Practise Assertive Communication

Think of something you've been avoiding saying—either to yourself or someone else. Write it out using this format:

- “I feel...” (your emotion)
- “When...” (describe the situation)
- “What I need is...” (state your need)
- “So I will...” (declare your boundary or next step)

*Affirmation anchor: “My voice is calm, clear, and valid.”*

#### 5: Create Your Calm Connection Affirmation

Using your insights from this step, complete the sentence:

*“The way I want to show up in my relationships is...”*

*“So I choose to affirm...” → (Write your personal affirmation below.)*

Example:

*“The way I want to show up in my relationships is grounded and open.*

*So, I choose to affirm I can be kind and clear. I am worthy of being heard.”*

Write your affirmation on a sticky note, your phone lock screen, or in your journal—and revisit it daily.

## STEP 8 Exercise: Integrate Your Calm

**Design your daily life to reflect the peace you've worked so hard to create.**

*“You didn't come this far to live on edge. You came this far to live aligned.”*

This final exercise is about integration—not perfection. It's time to gently gather what you've learned, shape it into your new daily rhythm, and anchor it with purpose.

### 1: Your Calm Check-In

Set aside 15–20 minutes. Breathe deeply, get still, and write down your responses in a journal.

- **What are the top 3 practices that bring me back to calm?** (*Examples: breath work, walking outdoors, journaling, music, guided meditation*)
- **What thoughts or Auto-Pilots still challenge me—and how can I respond more intentionally?**
- **How can I show up daily for my future self, even in small ways?** (*Write 2 or 3 doable habits you can commit to this week.*)



## 2: Gratitude for the Journey

Reflect on your growth and write:

- One thing I'm proud of myself for...
- One way I've changed since Step 1...
- One thing I now believe about myself is that anxiety used to block...

Anchor it with a short statement of gratitude:

*"Thank you, [your name], for showing up—for learning, healing, and growing."*

## 3: Create a CalmSynergy Affirmation

Using everything you've learned, complete this sentence:

*"I am someone who..."*

*(e.g., "I am someone who creates peace, trusts my path, and lives with intention.")*

Write it on a card, your phone's lock screen, or a mirror. Let it become your mantra for the next chapter.



# BONUS 1

## Communication Exercise: Finding Your Assertive Voice

**Speak your truth—with calm, clarity, and kindness.**

Assertive communication isn't about being louder than fear—it's about being clearer than doubt. This exercise will help you build the confidence to express your needs while honouring your own emotional safety.

It's not about confrontation—it's about *connection with boundaries*.

### 1: Ground Yourself

Before diving into communication, take a moment to settle your mind and body.

- Sit quietly. Close your eyes.
- Inhale deeply through your nose for 4 counts... hold for 2..., and exhale slowly through your mouth for 6 counts.
- Do this 3 times.

Say to yourself:

***"I deserve to speak with clarity. My needs are valid. My voice matters."***

### 2: Identify a Recent Situation

Think of a recent situation where:

- You didn't speak up for yourself
- You said yes when you wanted to say no
- You felt frustrated, resentful, or dismissed
- You avoided expressing a boundary or emotion

Briefly write out what happened. Just a few sentences to capture the moment.

### 3: Reframe Your Response Using Assertive Language

Now rewrite how you wish you had responded—using the following assertive communication framework:

**"I feel..."** (Describe your emotion, not the other person's actions)

**"When..."** (Briefly explain the situation or trigger)

**"What I need is..."** (State your need clearly and respectfully)

**"So I'm going to..."** (If necessary, state your boundary or action)

#### **Example:**

*"I feel overwhelmed when plans change at the last minute. What I need is more notice so I can manage my time and energy. So I'm going to start saying no to last-minute requests that cause me stress."*



#### 4: Practise Aloud

Read your rewritten response aloud, slowly. Notice how it feels to say it. If it feels scary, that's okay. You're doing something new and powerful. Repeat it until the words begin to feel *yours*.

#### 5: Reflect

In your journal, explore:

- *What fears come up when I imagine being assertive?*
- *What would it feel like to speak my truth more often?*
- *What's one small, safe situation I can practise this in this week?*

**CalmSynergy Tip** - Assertiveness isn't about being aggressive—it's about being aligned.



## BONUS 2

### Exercise: The Self-Reconnection Ritual

A gentle invitation to remember who you are beneath the anxiety

This exercise helps you tune back into your true self—the part of you that exists beyond worry, beyond productivity, beyond fear. It offers a safe space to pause, reflect, and simply be with yourself in kindness.

**Time required:** 10–15 minutes

**Where:** Somewhere quiet, cosy, and free of distractions

**What you'll need:** A journal or piece of paper, a pen, and a bit of openness

#### 1: Go To Your Safe Space

- Find a quiet spot where you won't be interrupted.
- Light a candle or use a soft lamp. Wrap yourself in a blanket if it helps you feel comforted.
- Sit or lie down comfortably. Close your eyes for a moment. Take three deep breaths—in through the nose, out through the mouth. Let your body soften. Let your mind slow.
- Tell yourself: *“Right now, I don't need to solve anything. I'm just here to listen to myself.”*

#### 2: Journaling Prompts for Self-Connection

Use the following prompts to write freely—without censoring, editing, or judging what comes up. Let the words flow.

**“How am I really feeling right now?”**

**“What do I need—emotionally, mentally, or physically?”**

**“What have I been avoiding feeling or acknowledging?”**

**“What is one small, kind thing I can do for myself today?”**

**“What would I say to myself if I were my own best friend?”**

Take your time with each one. Even a single sentence is enough. You're not writing a report—you're holding space for truth.



### 3: The Mirror Moment (Optional)

Stand or sit in front of a mirror. Look into your eyes—not to judge your appearance, but to see the person behind them. Gently place a hand on your heart or cheek.

Whisper to yourself:

- **“You’re doing your best.”**
- **“You deserve compassion.”**
- **“I’m here. I’ve got you.”**

(If this feels too hard, start with eye contact. Even that is an act of courage.)

### 4: Anchor with Breath

Finish by placing both hands over your heart or belly. Take 5 slow, deep breaths.

With each exhale, silently say:

***“I am safe with myself.”***

Bonus (Optional): Choose a Gentle Affirmation to Carry With You Today

Write it on a sticky note, keep it on your phone lock screen, or whisper it throughout the day.

Examples:

- ***“I trust myself.”***
- ***“I am worthy of my own love.”***
- ***“My pace is perfect.”***
- ***“I don’t have to be perfect to be at peace.”***

Reflection Prompt (Optional)

- ***What did I notice during this experience?***
- ***How did it feel to connect with myself intentionally?***
- ***What’s one thing I want to remember about this moment?***

This ritual can be revisited anytime you feel disconnected, overwhelmed, or lost in anxious thinking. Reconnection is not a one-time task—it’s a *daily invitation* to meet yourself where you are with gentleness and grace.

