



## **Evelyn's C.A.L.M. Method to Release Stress & Anxiety**

First, find a quiet place where you feel comfortable, a couch or a chair will do. Rest your hands on your knees or in your lap. Pull your shoulders back and relax them. Then, close your eyes and start to breathe in the following way: Inhale for 6 slow counts. Hold for 6 slow counts. Exhale for 8-10 slow counts. Repeat 4-6 times. Next, follow the CALM steps:

“C” STEP 1: In step one, your emotions have shifted and you are experiencing stress, anxiety, or some form of emotional distress. Here, you are experiencing the emotional shift in your body and are being called to get calm. “C” stands for “Called.” When you feel anxious, stressed, or overwhelmed, recognize this as a call to you that you need to move back into balance by releasing negative emotions.

“A” STEP 2: The second step involves becoming aware of your thoughts and feelings. “A” stands for “Aware.” Your thoughts and emotions are trying to tell you something and it is very important to listen. Do this by becoming aware of what is going on inside your mind and in your body. Listen to your thoughts and feel your feelings. Don't judge your thoughts or feelings and don't reject them. Welcome them by becoming aware. Be present. Don't fight the feelings or the thoughts. That will only make them stronger. Remember, what you resist, persists. Listen to your thoughts and feelings with the utmost care. They are important. They NEED to be heard to be released. So listen, listen, listen and be fully aware.

“L” STEP 3: The third step is to acknowledge your thoughts and feelings, to honor them, and to soothe them with love. “L” stands for “Love.” Our thoughts and feelings are real. They need to be fully heard and to be accepted with love to be released. This is where you make how you feel and what you are thinking 100% ok. Even if you don't like what you are thinking/how you are feeling, make that ok, too. Say something like, “I don't like to feel this way, but it's ok to feel stressed. It's ok to have that thought... etc.” Remember, don't judge your feelings or thoughts. Just accept them and let them BE. Give them love. As you continue, you will start to feel the tension release from your mind and body. If you don't feel the tension release, this means you are resisting or fearing your thoughts and emotions. Continue to practice acceptance and love until you start to feel the release.

“M” STEP 4: The last step is to let the subtle upward momentum of releasing stress take you upward. The “M” stands for movement. Once you feel the anxiety start to lose its grip, just sit in quiet meditation and listen. See if better thoughts/feelings arise inside you. Usually, they will. And from there, you will start to feel energy moving inside you again.

Much love, Evelyn

For further support, I'd like to invite you to join my Facebook Group “An Anxiety-Free World.”  
<https://www.facebook.com/groups/3438102166219232/>

\*Please feel free to share my CALM Method to family and friends.

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