

Be Calm

by Jill Weber

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Build a daily breathing practice**

Choose one breathing technique - 4-7-8, box breathing, or extended exhale - and practice it for 2 minutes every morning before anxiety arrives. Training when calm builds the muscle memory you need when panic hits.

MON TUE WED THU FRI SAT SUN

⁰² **Create your anxiety first-aid card**

Write a physical card with 3 steps: (1) what to say to yourself, (2) a breathing pattern, (3) a grounding action. Keep it in your wallet. During a spike, your thinking brain goes offline - the card thinks for you.

MON TUE WED THU FRI SAT SUN

⁰³ **Practice the sensation-story split**

When anxiety hits, write two columns: Left column is what you physically feel (tight chest, fast heart). Right column is what your mind says it means (I am dying, something is wrong). Seeing the gap weakens the story.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Do one avoided thing per week**

Identify something small you have been avoiding due to anxiety. Do it. Not to prove anything - but to give your nervous system a new data point. Each safe experience rewires your threat model.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Schedule your worry window**

Set a daily 15-minute window for worry. When anxious thoughts arise outside this window, note them and postpone. This teaches your brain that worry has a container - it does not get unlimited access to your day.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Track your anxiety patterns**

For one week, log each anxiety spike: time, trigger, intensity (1-10), what you did, what actually happened. Patterns emerge quickly. Most people discover their anxiety has 2-3 core triggers, not the infinite threats it pretends to have.