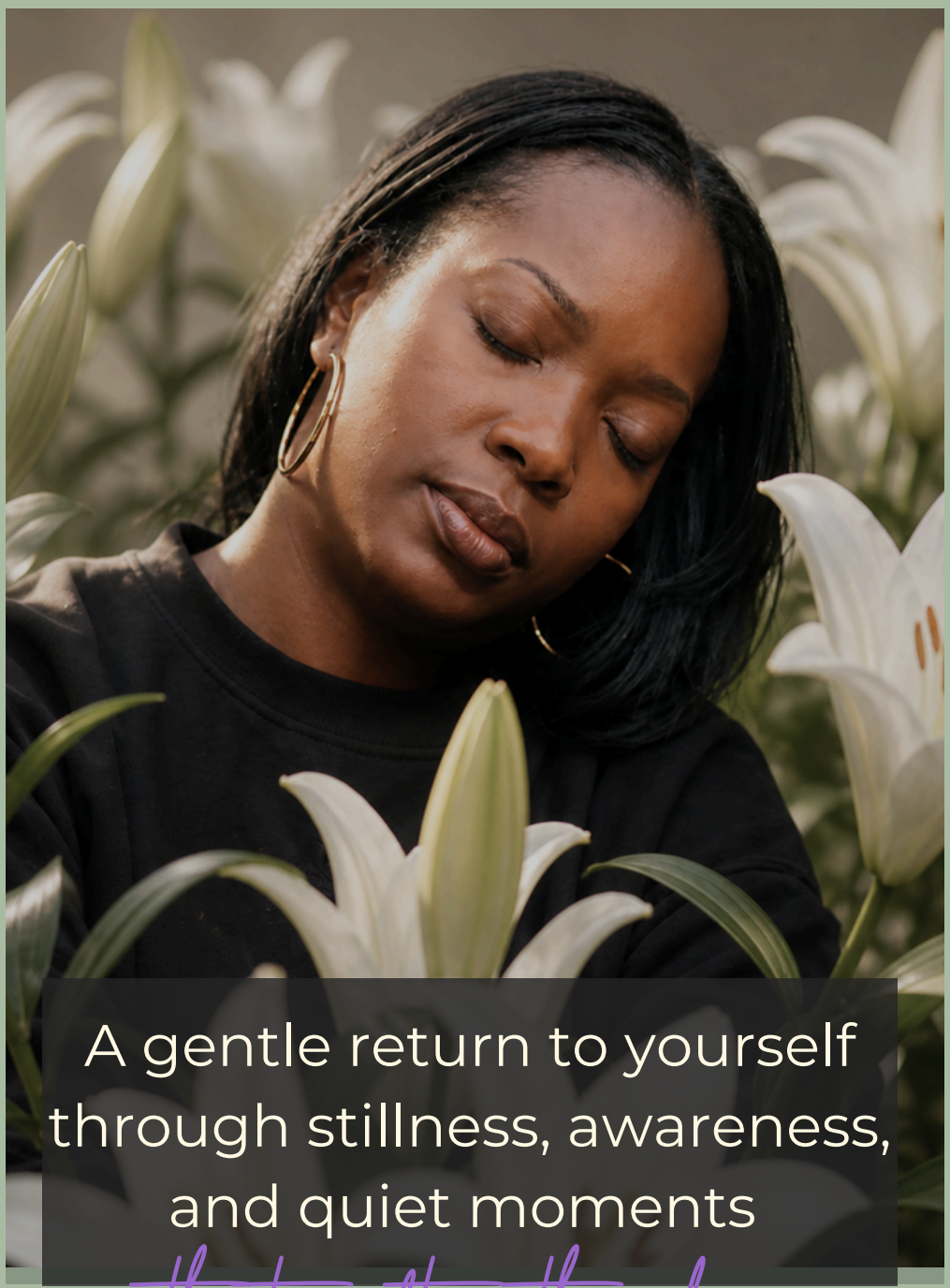
A MOMENT OF CALM



A gentle return to yourself through stillness, awareness, and quiet moments

that soften the day

BLISS IN BIPOLAR

Question for Reflection

Use this space to take an honest, unhurried look at where you are right now.

What do you notice about your current state of mind?

What would feeling calmer look like in your everyday life?

Question for Reflection

This isn't about getting it right — just understanding yourself a little more clearly.

Why does creating calm feel important to you at this stage of your life?

When things feel overwhelming, how does that show up for you?

Question for Reflection

Let yourself arrive here, without pressure or expectation.



What thoughts or feelings are present for you as you begin this workbook?

Lesson 1

Coming Back to Yourself

There are moments when everything feels like too much —
your thoughts, your emotions, the pace of life itself.

Calm doesn't come from fixing everything.
It begins when you pause long enough to notice what's happening within you.
A few ways to begin:

1. Step away, even briefly, from what feels intense

2. Sit in a way that allows your body to soften

3. Notice your breathing, just as it is

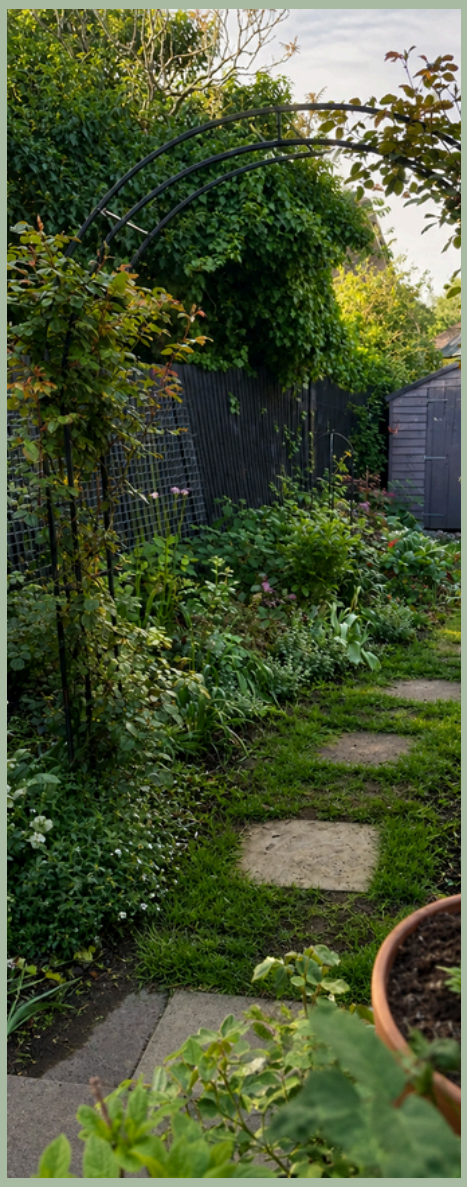
4. Let your thoughts move without trying to control them

5. Remind yourself: this moment can be steady, even if everything else isn't

Lesson 2

A Simple Reset Practice

When everything feels heightened, return to this:



PAUSE

Give yourself a moment. Nothing needs to be decided right now.

BREATHE

Take a slow breath in, and an even slower breath out.
Let your body begin to settle.

NOTICE

What's happening internally?
Not to judge it — just to see it clearly.

RESPOND

Choose your next step with care, not urgency.

A List of Gentle Joys

Calm is often found in what is simple, familiar, and steady.

Take a moment to consider what brings you back to yourself.

It might be:

- time in your garden
- quiet mornings before the day begins
- warm light through a window
- a cup of tea held slowly
- being near something living and growing

Write your own gentle anchors here



Gratitude and Perspective

When your mind feels full, gratitude can create a small but meaningful shift.
Not to ignore what's difficult —
but to remind yourself that more than one thing can be true at once.

Try expressing gratitude here. You could be thankful for anything: people, places, moments from your day, things, opportunities, and so on.

Right now, I am thankful for...

Making Space for What Matters

When the noise softens, what matters becomes easier to see.

What feels most important to you right now?

When do you feel most like yourself?

What could you put down, even temporarily, to feel a little lighter?

Caring for Yourself

Rather than thinking of self-care as a list of things to add, begin by gently looking at the different parts of your life.

Each one holds a need.
Each one can be supported

Consider these areas:

1 • Your body
How are you feeling physically, day to day?
What helps you feel more energised, more at ease, or more grounded in yourself?

2 • Your environment
Does your space feel calm, cluttered, noisy, or nurturing?
What small changes would help it feel more like a place that supports you?

3 • Your relationships
Where do you feel connected, and where do you feel drained?
What would it look like to protect your energy while still staying open to connection?

4 • Your need for rest
Not just sleep — but true rest.
Moments where you are not performing, producing, or holding everything together.

Your Calm, Made Practical

This is your space to create something simple, supportive, and real.
Not perfect. Not ideal.
Just something that works for you.

1. What do I need right now?
(Write freely — no pressure to get this “right”)

2. Choose one area to focus on

□ Body
□ Environment
□ Relationships
□ Rest

Why this area?

3. One small supportive step
(Keep this simple & achievable)

4. When will I do this?
(Anchor it into your real life)

Day(s): _____

Time: _____

5. What might get in the way?
(Gently anticipate — no judgement)

6. A softer plan for when things feel hard
(What will you do instead of giving up?)



If you're not sure where to start... try one of these

- Create a softer start to your day
- Reset one small space. Choose somewhere small and make it feel calm, clear, and cared for.
- Step outside, even briefly
- Let one moment in your day feel unhurried
- Tell yourself the truth about what you need
- Allow yourself to do less — on purpose


NOTHING HERE
IS PERFECT
EVERYTHING
HERE IS
ENOUGH

You Are Allowed to Move Differently

Which of these mindfulness skills/practices do you want to keep practicing?

You are allowed to slow your pace.
You are allowed to take care of yourself properly.
You are allowed to build a life that feels manageable.
Calm is not something you earn.

It's something you return to

Looking Back, With Clarity

You've taken time to pause and reflect — that matters more than you think.

What has supported you most in this workbook?

What feels clearer now than it did before?

What would it look like to continue this in your daily life?



A Simple Return to Calm

When things feel too much,
come back to this:

□ Pause before reacting

□ Take one steady breath

□ Notice what's happening internally

□ Step away if needed

□ Choose one small, supportive action

Stay Close to Yourself

This work isn't about perfection.
It's about learning how to stay connected to yourself — even in difficult moments.

And that changes everything over time.



If you're ready for deeper, more personal support...

Bliss in Bipolar is here to walk with you.

WWW.BLISSINBIPOLAR.COM