



# CALMNESS

Find The Calm In The Storm  
& Enjoy Life Now

*Stress Free Life*

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**Cut out the below and keep this handy in your wallet for those Stress Emergencies!**

### The Calmness Card

Take two breaths. This is the body's natural calmer.

Remove yourself from the environment or  
Distract yourself with something positive

Detach yourself from the situation, see the big picture

Reflect and remind yourself what really matters to you  
Remember this one constant: Everything always falls into place

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