

A photograph of a person's feet resting in a hammock. The hammock is made of a dark, woven material and is suspended between two points. The background is a soft-focus view of green trees and a bright sky, suggesting an outdoor setting. The overall mood is peaceful and relaxing.

# 5-4-3-2-1 Calmdown

**Slowing Down that Mental Chaos**

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by Cai Graham

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NOTE : No guarantees are intended by this publication. Many variables affect each individual's results. Your results will vary from the examples given.

Cai Graham cannot and will not promise your personal success.

Cai Graham has no control over what you may do or not to do with this information and therefore cannot accept the responsibility for your results. You are the only one who can initiate the action, in order to reap your own rewards!

NOTE : These are relaxation exercises. Please do not carry them out whilst driving or operating machinery.

### #3

Cai Graham is a Parenting & Teen Coach, Speaker and Amazon #1 bestselling author of The Teen Toolbox.

Cai specialises in supporting families overcoming obstacles; including communication issues, loss and trauma, so that they can enjoy a brighter future.

Everything you are doing has brought you to this stage. But to get different results things have got to be done differently - right?

As a parent - the focus is understandably on your children. Trouble is, in the process you get lost along the way. This often breeds resentment, fatigue and loss of self-esteem. To be the best parent you can be - we need to build YOU up first.

Cai's mission is to empower people by providing them with the tools and techniques they need to cope with the challenges of modern day life. She supports them by breaking through their fears and phobias equipping them with some great coping strategies to allow them to live their lives to the fullest.

As a mother and feminine entrepreneur Cai has blended over two decades of motherhood with her background as a Master Practitioner in: NLP, Hypnotherapy and Coaching to create an online education program, a book, and a one-of-a kind luxury retreat for individuals and families.

“

Family is not an important thing. It is everything.

”

Michael J. Fox



# Wanna Get in Touch?

I would love to connect with you personally - and there are a number of ways you can get hold of me :



Page : [www.facebook.com/thecaigraham](http://www.facebook.com/thecaigraham)

Facebook Group : [www.caigraham.com/FBGroup](http://www.caigraham.com/FBGroup)



Profile : [www.twitter.com/caigraham](http://www.twitter.com/caigraham)



Profile : [www.instagram.com/caigraham](http://www.instagram.com/caigraham)

**W** : [www.caigraham.com](http://www.caigraham.com)

**E** : [cai@caigraham.com](mailto:cai@caigraham.com)

**T** : Book a CALL with me : [www.caigraham.com/call](http://www.caigraham.com/call)

**M** : ONLINE CHAT with me : [m.me/thecaigraham](https://m.me/thecaigraham)

**My Book** : The TEEN Toolbox is available on Amazon

# WELCOME



“ Just BREATHE :  
You are strong enough to handle  
your challenges, wise enough to  
find a solution to your problems  
and capable enough to do  
whatever needs to be done. ”

When you are constantly Stressed & Anxious  
your body gets stuck in a pattern of 'high-alert'.

Focusing on your breath is one of the fastest **De-stressors**.



Re-balances your body



Reduces your heart rate



Increases feelings of calm



Releases tension from the body



Increases focus & clarity



Reduces the levels of stress hormone



in a nutshell it:

Increases oxygen levels in the body  
*improving physical and mental health*

## Notice the Signs



When you are Anxious you notice:



Increased Irritability & Panic



Reduced Energy Levels



Shallow & Rapid breathing



When you are Relaxed you notice :



Feelings of contentment



More focus & clarity



Slower & Deeper Breathing

# Have you ever felt that you are totally overwhelmed?

This is a great exercise to use  
when your mind is in chaos and  
you'd like to calm things down a bit.

It is fantastic for children, of all ages,  
as it captures their imagination  
*by using the 5 senses ...*



SIGHT



TOUCH



HEARING



SMELL



TASTE

# 5-4-3-2-1 Calmdown

Great for interrupting the chaos in your head



POSTURE : Lengthen your spine. Imagine a golden thread from the base of your pelvis run through the crown of your head.



RELAX : Relax the muscles in your face and notice your breathing. Continue to breathe steadily



HANDS : Rest your hands by your side, in your lap or on your tummy. Whatever is comfortable for you.



5 : Look around you and notice five things that you can SEE



4 : Look around you and notice four things that you can TOUCH



3 : Look around you and notice three things that you can HEAR



2 : Look around you and notice two things that you can SMELL



1 : Look around you and notice one things that you can TASTE



REPEAT this exercise until you notice you are feeling calmer and more in control.



Breathe IN - Calm your mind  
Breathe OUT - Calm your body.



# So what do I do now Cai?

Well - if you are still with me - GREAT!

I would love to be able to support you further.



Equipping Parents and Teenagers with the  
Tools for Navigating Adolescence



CAIGRAHAM.COM

Why not Come on over to my facebook group : **PARENTS : TEEN Toolbox.**

Click this link [www.caigraham.com/FBGroup](http://www.caigraham.com/FBGroup) - or enter it in your browser.

This is a safe place for you to get some practical, down to earth advice.

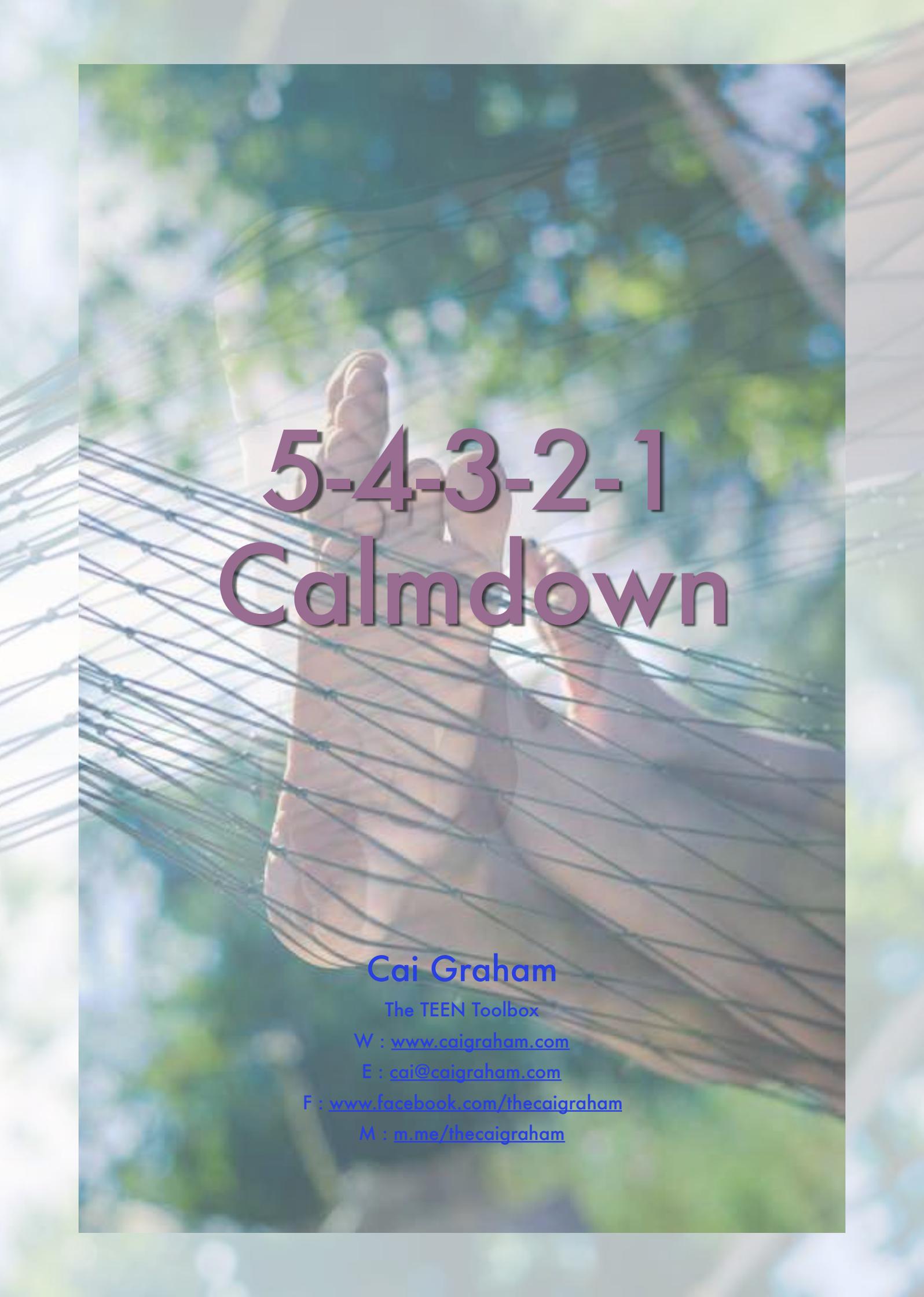
You will receive support from :

- Me personally - I post every day in the group
- Other parents - just like you - who have a wealth of experience - and who are also wanting to support their children through those challenging teenage years.

So, Click this link [www.caigraham.com/FBGroup](http://www.caigraham.com/FBGroup) - and I can't wait to Welcome you in.

Much Love

Cai x

A photograph of a person's feet resting in a hammock. The hammock is made of a dark green mesh and is suspended between two points. The background is a soft-focus view of green trees and a bright sky. The text '5-4-3-2-1 Calmdown' is overlaid in a large, purple, sans-serif font.

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**Cai Graham**

The TEEN Toolbox

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