

The Calm Card

When anger takes over — breathe, you're okay.

- 1 **Step away.** One room, one doorway, ten steps. You're giving your body a moment to catch up.
- 2 **Breathe out longer than in.** In through the nose for 4, out through the mouth for 6 — five times.
- 3 **Come back to your body.** Unclench your jaw, drop your shoulders. Cold water helps. Feel your feet on the floor.
- 4 **Name it.** Say it, quietly: "I'm angry. This is a wave. It will pass."
- 5 **Wait ninety seconds.** Don't replay it, don't feed it. The first rush burns out — the wave always breaks.

Before you act — wait. Nothing has to happen in the next two minutes.