



Calm & Clarity Mental Health Toolkit



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A Reflective Companion for Gentle Moments

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This toolkit is a gentle, creative, and therapeutic companion for those seeking emotional ease, reflection, and inner calm.

Introduction

This toolkit is a gentle, creative, and therapeutic companion for those seeking emotional ease, reflection, and inner calm.

You may be carrying more than others can see. You might be feeling anxious or unsettled or simply needing something quiet and supportive. This is for you.

Inside these pages, you will find space to breathe, pause, and reconnect with the deeper parts of yourself. Through calming reflections, creative prompts, and soft reminders, I hope this toolkit becomes a small sanctuary you can return to again and again.

There is no pressure here. There is no "right" way to do things. It is just a gentle invitation to be with yourself differently. May these words and practices meet you wherever you are.

With warmth,

Jenny McClymont

Reflect On Academy

Part 1: Calm Your Heart and Mind Reflective Guide

Dear Reader,

If you have found your way here, it may be because your heart feels heavy, your thoughts are racing, or you carry more than usual.

Whatever brought you to this page—you are welcome.

This is a gentle space. There is no pressure here. It is just an invitation to slow down, breathe, and return to yourself—one small moment at a time.

May these words offer you the steadiness, kindness, and quiet encouragement you need. You are not alone.

 **Gentle Reflection**

Pause and Notice

What is your heart holding today?

(Write freely in the space below. There are no wrong answers.)

Pause and Notice

A Moment of Truth

What is one truth I know about myself today?

(Write freely in the space below. There are no wrong answers.)

Pause and Notice

In My Own Words

If I could honour my inner child today, I would...

(Write freely in the space below. There are no wrong answers.)

Pause and Notice

Becoming

Who am I becoming in ways I did not expect?

(Write freely in the space below. There are no wrong answers.)

Pause and Notice

Letting Go

What have I carried that I can now lay down?

((Write freely in the space below. There are no wrong answers.))

Pause and Notice

Gentle Intentions

What would I like to feel more of in my life?

(Write freely in the space below. There are no wrong answers.)

Pause and Notice

My Mind Feels Like...

And what it might need is...?

(Write freely in the space below. There are no wrong answers.)

Pause and Notice

A Gentle Check-In

Draw or describe a small weather system that matches your inner world today (e.g., cloudy, breezy, warm, still). You do not need to change it—just observe.

(Write freely in the space below. There are no wrong answers.)

or

(Draw freely in the space below. There are no wrong answers.)

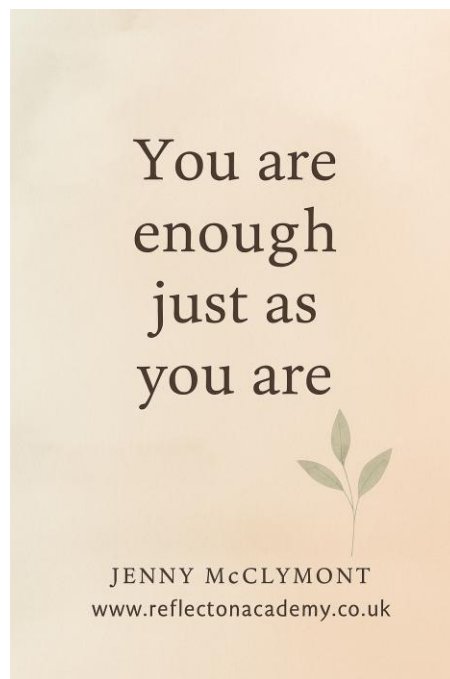
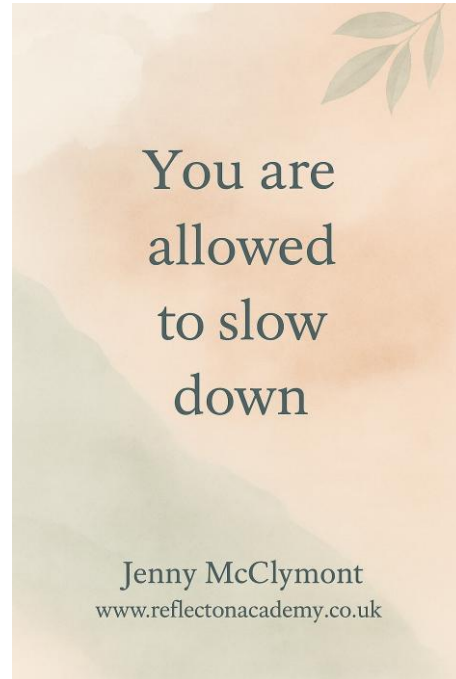


Affirmation

- You are allowed to slow down.
- You are allowed to feel.
- You are allowed to begin again.

Let each breath remind you: you are not alone.

Part 2: Encouraging Art and Quotes Images



Part 3: 7 Gentle and Creative Practices to Ease Anxiety

These practices are designed to be simple, grounding, and emotionally restorative. They combine familiar strategies with fresh, creative ideas to support your mental wellbeing.

1. Breathe with Intention

Take 3–5 deep, conscious breaths. Place a hand on your chest or belly and feel the rhythm. Let each exhale soften your shoulders and quiet the mind.

2. Name What You Feel

Use a journal or simply pause and name your current emotion without judgment. E.g., 'I feel tense,' 'I feel unsure.' Naming it helps contain it.

3. Use Calming Words

Whisper or write soothing words like 'peace,' 'still,' 'breathe,' or your own calming phrases. Repeat slowly and mindfully.

4. Creating a Personal Symbol

Draw, write about, or collect a small item that represents hope or strength to you. Keep it somewhere visible to remind you of your inner resources.

5. Write a Letter to Your Worry

Address your anxiety as if writing to a friend. Let it speak. Then respond with compassion and reassurance. This dialogue helps create distance from overwhelming thoughts.

6. The Safe Space Postcard

Design a postcard (real or imagined) of a place where you feel safe and calm. Include textures, colours, words, or images. You are creating a visual anchor for your nervous system.

7. Affirmation Arrangement

Choose 3 uplifting words or phrases. Arrange them in a circle, a pattern, or a mini poem. Read them aloud as a ritual. Let the rhythm ground you.

Part 4: Creative Prompts for Clarity, Reflection, and Grounding

These prompts are designed to gently support self-discovery, emotional release, and mindful grounding. Use them in your journal, artwork, or quiet moments of reflection. There are no right answers, only your own voice.

For Clarity

1. What is one truth I know about myself today?
2. What is no longer serving me that I might begin to release?
3. What would I like to feel more of in my life?

For Reflection

4. Who am I becoming in ways I did not expect?
5. What have I carried that I can now lay down?
6. If I could honour my inner child today, I would...

For Grounding

7. Draw or describe an object that feels like 'home' to you.
8. Write a sentence that starts with: "Right now, I am safe because..."
9. List 3 comforting phrases you would say to someone you love—and now say them to yourself.
10. Create a small mantra or phrase that you can carry with you this week.