

CALM

We all experience stress in our lives, and everyone reacts to and copes with stress in their own way. What is stressful for one person may not be stressful for someone else. CALM is a method used to minimize stress, anxiety and depression.

Consume Less, Create More



produce something out of nothing

Action Focused



seek solutions to problems and
act on those solutions

Lean in and Learn



What new information can I learn from this unique time?

Move Forward



think optimistically
about the future



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