CALM MIND

A 90-Day Journal to Ease Anxiety and Find Calm



Trevor Stephenson

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A 90-Day Journal to Ease Anxiety and Find Calm

Guided Prompts, Grounding Practices, and Space for Serenity

By

Trevor Stephenson

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Disclaimer

The information, prompts, and exercises contained in this journal are for educational and self-reflection purposes only. This book is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician, therapist, or other qualified health provider with any questions you may have regarding a medical or mental health condition.

This Journal Belongs To



This is a private sanctuary. **If found, please return to:**

Name:

_____

Contact:

_____

Dedication & Mission Statement



To anyone who has ever felt trapped inside the noise of their own mind: You are not broken. You are simply navigating a world that forgets to breathe. May these pages serve as a quiet sanctuary, a steady anchor, and proof that clarity is always within your reach.

Meet Your Companion



Hi, I'm Trevor.

For over two decades, my world was defined by structure, logic, and solving complex problems in the fast-paced tech industry. I spent 26 years building systems, managing networks, and finding solutions for major organizations.

I understand what it means to operate under intense pressure, to navigate

overwhelming environments, and to live with a mind that constantly analyzes, predicts, and processes information at maximum speed.

A few years ago, I chose to step back from that corporate world to focus on a mission much closer to my heart.

As a father navigating the beautiful, complex dynamics of a neurodivergent household, I saw firsthand how overwhelming the world can be for sensitive, brilliant minds—and how desperately we all need spaces where we don't have to perform, mask, or fix ourselves.

This journey inspired me to found Spectrum Threadz, an advocacy brand born from a simple, unshakeable belief: you are different, not broken. Through clothing, art, literature, and digital spaces, my passion is

giving a voice to our community and building physical anchors for mental peace.

I created this journal because I know how exhausting it is when your inner alarm system won't turn off. I wanted to combine the grounded, practical frameworks that soothe a hyper-reactive nervous system with the gentle, non-judgmental companion I wish we all had during our heaviest moments.

I'm not here to lecture you, and I'm certainly not here to grade your progress. Think of me as a steady friend walking this path right beside you.

I know how much courage it takes to look inward when the noise is loud, and I'm incredibly grateful to walk alongside you as you claim your peace back.

Let's breathe through this journey together.

— Trevor Stephenson

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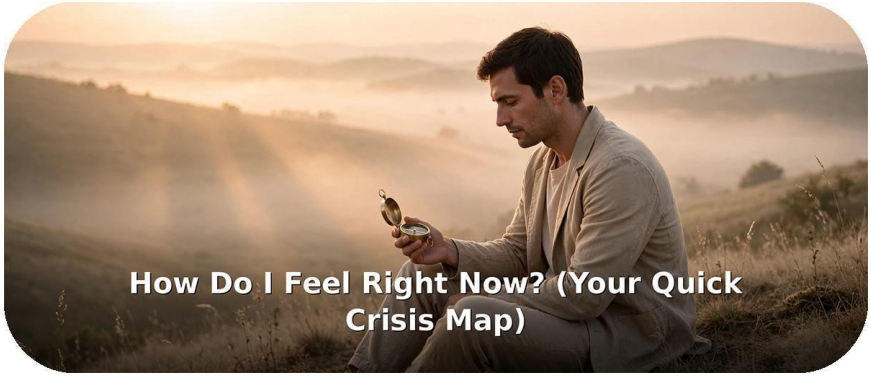
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How Do I Feel Right Now? (Your Quick Crisis Map)



How Do I Feel Right Now? (Your Quick Crisis Map)

If you're feeling overwhelmed, pause for a moment.

You're safe.

You don't need to read the whole book to find relief right now.

When anxiety surges, your brain's logical thinking centre temporarily goes offline. It becomes hard to remember what tools you have or what to do next. This page is your shortcut.

Just scan the descriptions below and choose the one that matches what your body is experiencing in this moment. Then flip directly to the page it guides you to.

Let the book do the work for you.

"My heart is pounding, my chest feels tight, or my breathing is shallow and fast."

What your nervous system needs:

Direct physiological down-regulation to slow your heart rate and signal safety to your body.

Your Action Step:

Flip to Interstitial Exercise A: The 4-4-4-4 Box Breathing Technique.

"My mind is trapped in a terrifying loop, I'm overthinking, or I feel disconnected from reality."

What your nervous system needs:

A sensory interruption to break the cognitive spiral and re-anchor you into the physical room around you.

Your Action Step:

Flip to Interstitial Exercise B: The 5-4-3-2-1 Sensory Orientation.

"My body feels restless, my jaw or shoulders are locked, or my racing thoughts are keeping me from sleeping."

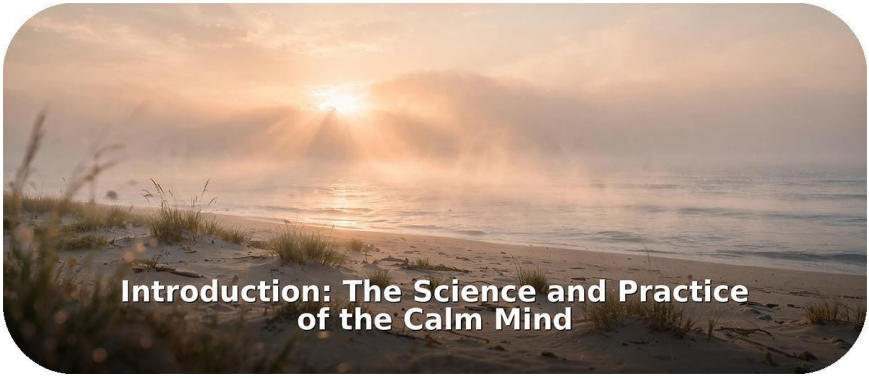
What your nervous system needs:

Physical release of muscular tension to activate your body's natural *"rest and digest"* response.

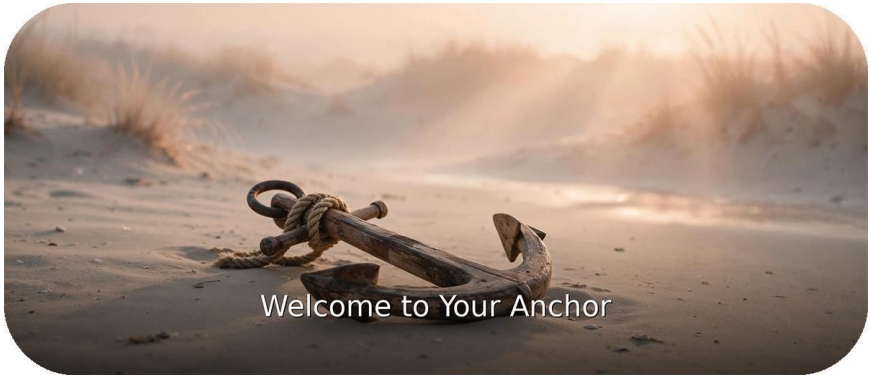
Your Action Step:

Flip to Interstitial Exercise C: The Progressive Muscle Relaxation Routine.

Introduction: The Science and Practice of the Calm Mind



Welcome to Your Anchor



Anxiety is not a character flaw. It is a highly sophisticated—though often exhausting—survival mechanism. When your nervous system detects danger, whether it's a demanding deadline, a relational conflict, or a vague sense of dread, it shifts resources away from your logical mind and into survival mode. Your heart races, your thoughts loop, and clarity disappears.

You cannot think your way out of a hyper-aroused nervous system. But you can write your way out.

This journal is designed to act as an external hard drive for your racing thoughts. By transferring the chaotic energy from your mind onto these pages, you interrupt the feedback loop of anxiety. You move from experiencing the storm to observing it.

Take a breath. You're safe here.

The Power of the Pen

Neurobiological research shows that expressive writing reduces activity in the amygdala—the brain's emotional alarm system—and activates the prefrontal cortex, which governs logic, control, and emotional regulation.

When you write, you:

- **Externalize the noise:** you begin to see that you have anxious thoughts, but you are not defined by them.

- **Track the patterns:** anxiety thrives on unpredictability, yet it often follows familiar loops. Writing reveals those loops.
- **Create space:** a brief morning and evening check-in slows your cognitive pacing and gives your nervous system permission to soften.

You don't need perfect sentences. You just need honesty.

How to Use This Journal

There is no wrong way to do this, but consistency matters more than intensity. You don't need eloquence—you need truth.

- Spend five minutes each morning setting your anchor.
- Spend five minutes each evening releasing the weight of the day.
- Let the prompts guide you. Some will be simple; others will invite deeper reflection.
- Allow the silence. The blank spaces are intentional—they are places where your mind can rest without performing.

This journal is not a test. It's a sanctuary.

The 3-Phase Transformation Framework



Understanding Your Journey Together

Think of this 90-day journal not as a challenge to complete, but as a gentle, structured path toward understanding yourself more deeply. Healing your relationship with anxiety isn't about forcing

change. It's about moving through a steady, compassionate process at a pace that honours your nervous system.

Together, we'll walk through three foundational phases that help your mind and body shift out of survival mode and into a place of clarity and calm.

Take your time. There is no rush.

Phase 1: Awareness & Acceptance (Days 1–30)

Learning to Sit with Yourself

In these first thirty days, we're not trying to change anything.

We're simply learning to turn toward yourself with curiosity instead of judgment.

You'll begin to:

- notice how anxiety shows up in your body
- observe the stories your mind repeats
- practice letting waves of emotion pass without fighting them

By releasing the exhausting battle against your anxiety, you create emotional breathing room. You start to see that anxious thoughts may pass through you, but they do not define you.

This phase is about meeting yourself gently, exactly where you are.

Phase 2: Deconstruction & Reframing (Days 31–60)

Untangling the Noise

Now that we've mapped your patterns, we'll gently explore them together.

This phase helps you:

- separate grounded facts from anxious distortions
- question the voice of your inner critic
- look at your worries through a lens of truth rather than fear

This is where the *"what-ifs"* begin to lose their grip.

You start to realise that your mind has been trying to protect you — but not always accurately.

This phase brings relief, clarity, and a growing sense of control.

Phase 3: Integration & Serenity (Days 61–90)

Anchoring Your Peace

In the final thirty days, we solidify everything you've learned.

Here, we focus on:

- cultivating self-compassion
- celebrating your resilience
- designing daily habits that support your nervous system
- reinforcing the patterns that help you feel grounded and safe

A calm mind isn't one that never encounters storms.

It's a mind that knows how to drop its anchor.

By the end of this phase, you'll have a clearer sense of what supports you, what drains you, and how to return to yourself when life becomes loud.

Weekly Pitstops



Every seven days, we pause together.

An anxious mind often forgets progress and remembers only the hardest moments. These weekly check-ins help you see your journey clearly and objectively.

You'll reflect on:

- your average anxiety baseline
- your triggers
- what soothed you
- what anxiety predicted that never actually happened

Weekly Data Tracker

DAY	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Day							
Baseline (1-10)	1 10	1 10	1 10	1 10	1 10	1 10	1 10
Trigger							
What Soothed							
Prediction vs Reality							

After your weekly reflection, you may turn to Your Somatic & Mindfulness Guide

whenever you need physical grounding or nervous system support.

Your Somatic & Mindfulness Guide

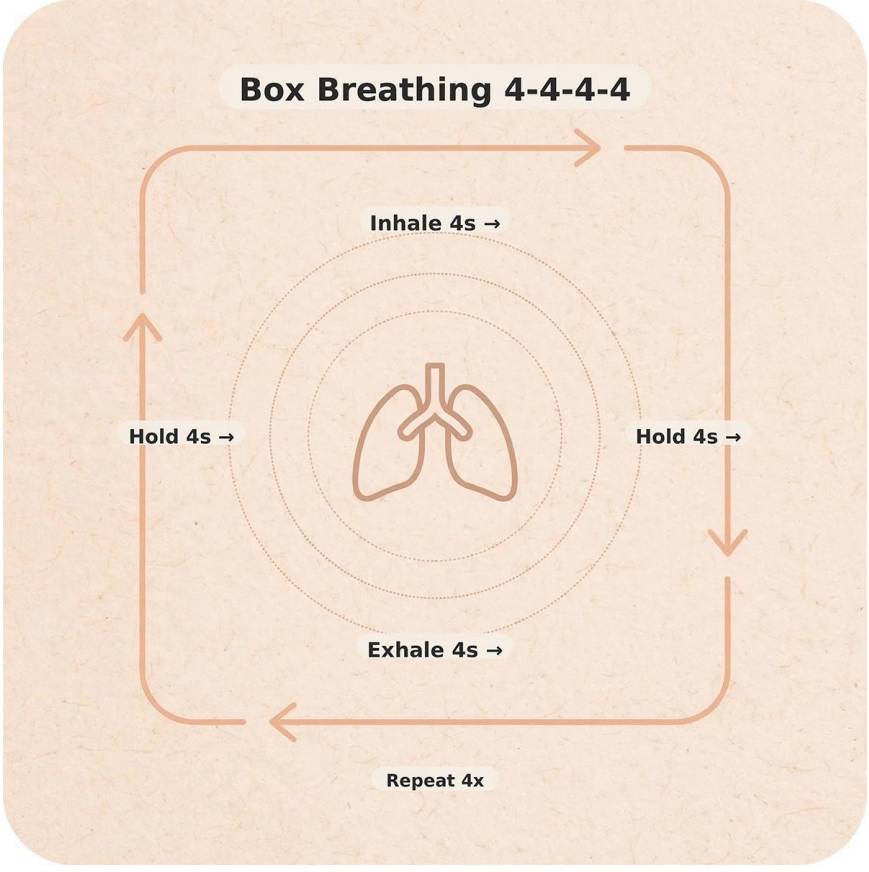


These three grounding practices are your body's fast-acting reset buttons.

Use them anytime your thoughts spiral, your chest tightens, or your nervous system shifts into survival mode.

They are simple, repeatable, and designed to help you return to safety — gently and without pressure.

Interstitial Exercise A: The 4-4-4-4 Box Breathing Technique



For: Acute escalation, racing heart, panic spikes

Purpose: Slow your heart rate and signal safety to your nervous system.

How to do it:

1. Sit comfortably. Let your posture be straight but not rigid.
2. Place one hand on your chest and one on your belly. Your belly should move more than your chest.
3. Exhale fully — empty your lungs completely.
4. Inhale through your nose for 4 seconds.
5. Hold your breath gently for 4 seconds.
6. Exhale slowly through your mouth for 4 seconds.
7. Hold the empty space for 4 seconds.

8. Repeat this cycle 4 times, focusing only on the counting.

Interstitial Exercise B: The 5-4-3-2-1 Sensory Orientation



For: Rumination, dissociation, overthinking loops

Purpose: Interrupt mental spirals by anchoring your attention back into the physical world.

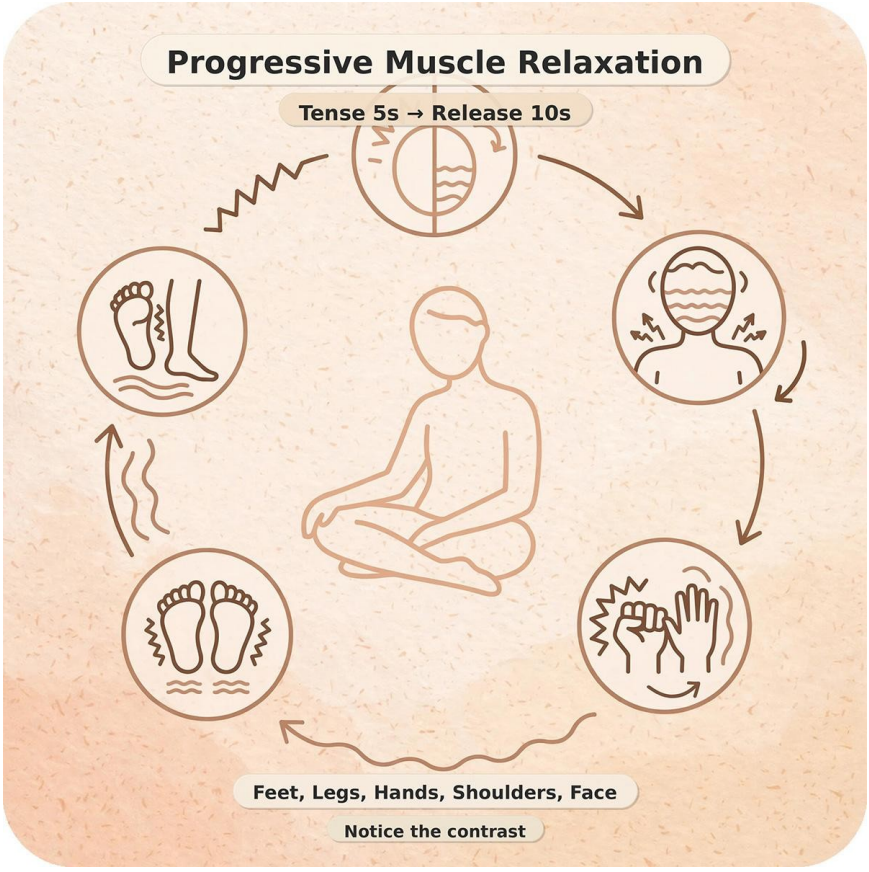
How to do it:

Look around your environment and name:

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Move slowly. Let each sense pull you back into the present moment.

Interstitial Exercise C: Progressive Muscle Relaxation



For: Insomnia, tension, physical armouring

Purpose: Release stored tension and activate your body's *"rest and digest"* response.

How to do it:

Lie down or sit comfortably. **For each muscle group:**

1. Tense the muscles firmly for 5 seconds.
2. Release completely for 10 seconds.
3. Notice the contrast between tension and relaxation.

Move through the body:

- **Feet:** Curl your toes downward. Hold. Release.
- **Legs:** Tighten calves and thighs. Hold. Release.
- **Hands:** Make fists. Hold. Release.

- **Shoulders:** Lift them toward your ears. Hold. Release.
- **Face:** Scrunch your features tightly. Hold. Release.

Finish with one slow, deep breath, letting your whole body soften.

Daily Architecture



Daily Journaling Architecture

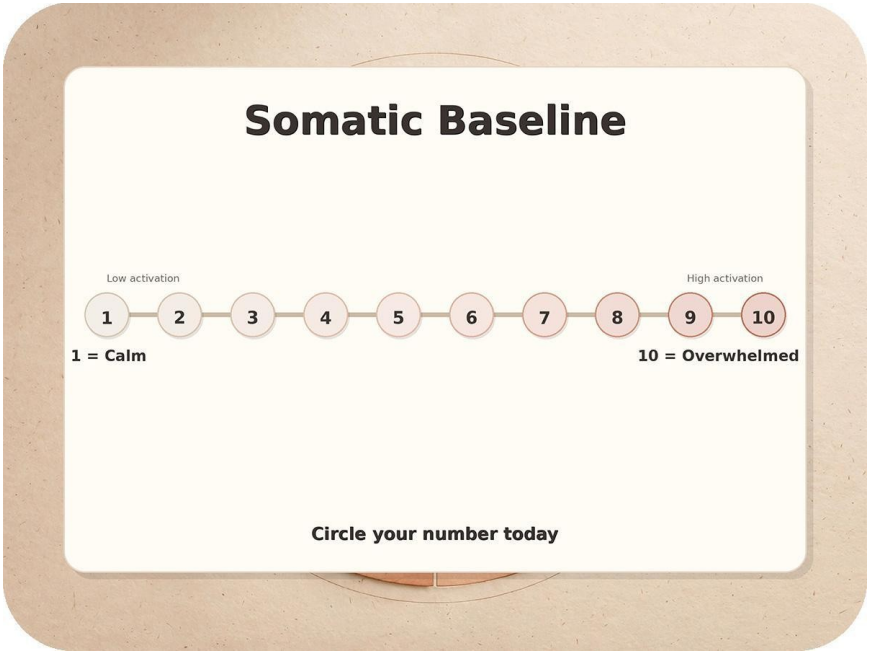
When you're overwhelmed, complexity becomes the enemy. That's why each day in this journal follows the same simple, predictable two-page rhythm — a morning anchor and an evening release.

This structure becomes a quiet ritual, a way of checking in with yourself without pressure or performance.

You don't need to get it *"right."* You just need to show up.

The Morning Anchor (Left Page)

Mornings can be difficult when anxiety tries to sprint ahead of you.



This page helps you slow down and meet the day with intention.

Here, you will:

- Circle your Somatic Baseline — not to judge it, but to acknowledge how your body is showing up.
- Empty your mind with a Brain Dump — a space to pour out the clutter so you don't carry it into your day.
- Set a single Anchoring Statement — a gentle reminder of what you want to hold onto.
- Choose one Micro-Action — the smallest, simplest thing you can do to support your nervous system today.

Five minutes. One breath. A steadier start.

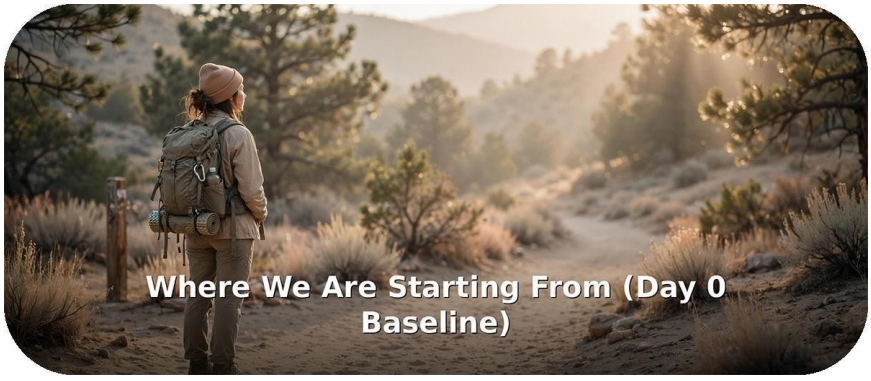
The Dynamic Prompt & Evening Release (Right Page)

Before bed, we close the loop on the day.

This page guides you to:

- Engage with one Daily Dynamic Prompt — a single, intentional question that aligns with the phase you're in.
- Reflect freely in open space — no rules, no expectations, just honesty.
- Release the mental weight of the day through a brief Cognitive Discharge.
- Check in with your body one last time — drop your shoulders, loosen your jaw, and take a slow breath.

Where We Are Starting From (Day 0 Baseline)



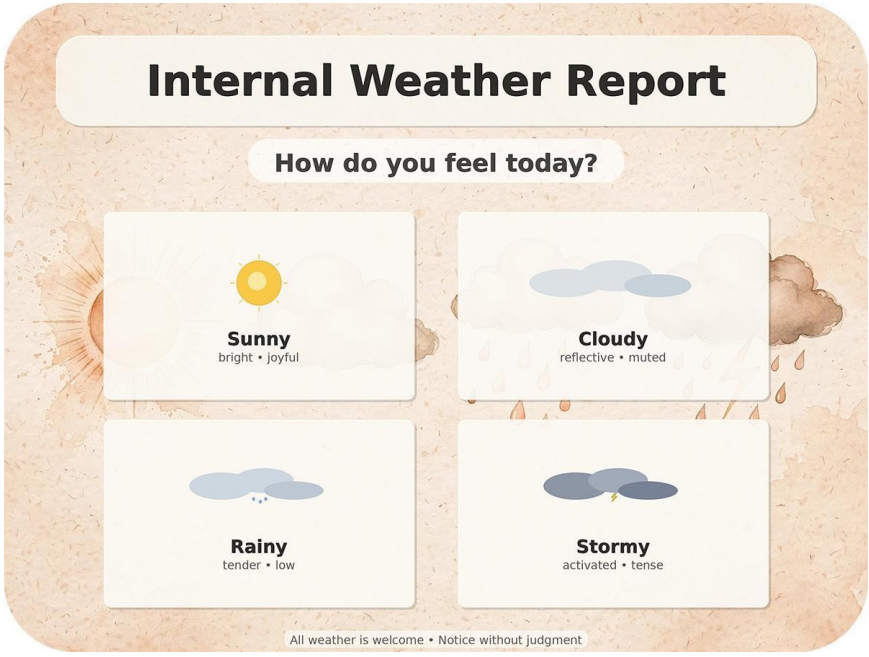
Before we turn the page and dive into Day 1, let's take a collective pause right here.

Right now, your anxiety might be telling you that things will never change or that the effort ahead is too heavy. To prove to your mind just how strong and resilient you are, we need a clear marker of exactly where you are standing today.

Think of this page as a gentle time capsule. Be entirely honest, completely raw, and look at yourself with absolute compassion. No one else is grading this. When you reach Day 90, you will be able to look back at this exact page and see a visual, undeniable map of just how far you have climbed.

Take a deep breath. Let's capture your baseline.

The Internal Weather Report

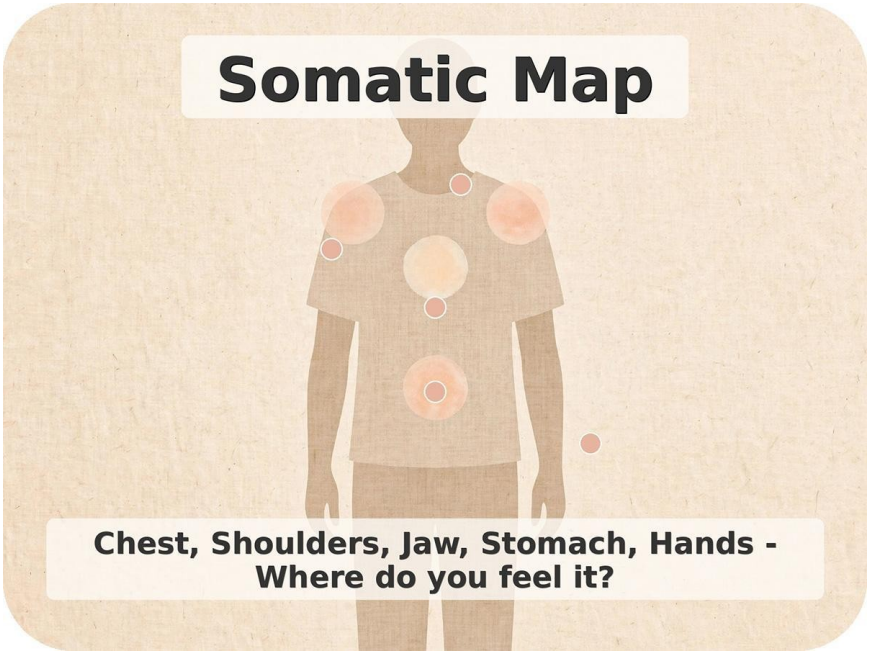


On a scale of 1 to 10, how heavy has your average anxiety felt over the last month? (Circle the number that speaks the truth today)

1 2 3 4 5 6 7 8 9 10

(Quiet) (Hyper-Vigilant)

The Somatic Map



When a wave of worry or stress catches up to you, where do you physically carry it the most? (e.g., a knot in the stomach, tight shoulders, a heavy chest, a locked jaw, a racing heart)

The Current Narrative

In a brief sentence or two, what is the loudest story or primary worry your anxiety is repeating to you in this current season of your life?

Your Safe Harbor Vision

What is your biggest, most heartfelt hope for yourself over the next 90 days? When you close this journal for the final time, what does a *"calm mind"* look or feel like for you?

A Promise to Yourself:

By writing my name below, I am not promising to be perfect. I am not promising never to feel anxious. I am simply

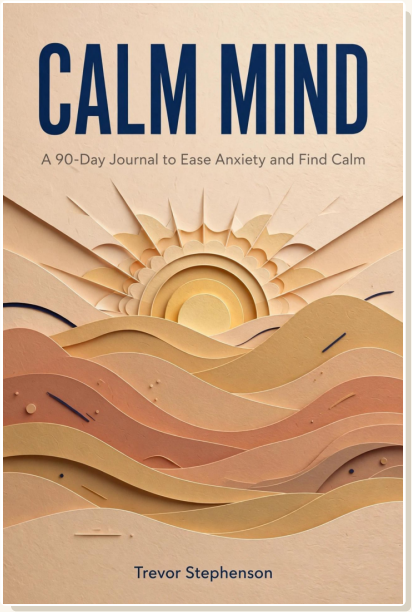
committing to showing up for myself, taking things one breath at a time, and allowing this journal to be a safe place to land.

Name:

_____

Date:

_____



Calm Mind

A 90-Day Journal to Ease Anxiety and Find Calm

GUIDED PROMPTS, GROUNDING PRACTICES, AND SPACE FOR SERENITY

Loved this sample?

Keep reading. Phase 1 is where awareness and acceptance begin.

You cannot think your way out of a hyper-aroused nervous system. But you can write your way out.

CONTINUE READING

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