



30 Days to Greater

CALM



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CALM Mini Course Introduction

The calm mini course is designed to help you shift your mindset around stress and live with greater calm, clarity and confidence. My hope is that this course will inspire you to care for yourself well and to ultimately live with greater purpose, health & joy.

I am delighted that you made the decision to join me in the 30 Days to CALM mini course (or CALM for short). One of my primary passions is supporting other women in getting super clear on who and how they want to be in life, helping them learn to love themselves wholeheartedly and then equipping them with the education, skills and habits that will support them in living with purpose, health and JOY. Who doesn't want to walk through life with greater joy?

So many of us wrestle with anxiety, stress or overwhelm. We often feel overworked or scattered and feel like there must be more to life! We struggle with hormone imbalance and mood swings. Many of us feel unhappy in or even ashamed of our bodies. We're too thin or too heavy, we lack energy, we have skin issues or struggle with a chronic disease or condition. We need support to begin nourishing ourselves well – body, mind and spirit.

Many women struggle with addiction – to wine, TV, shopping, busyness, or sugar, for instance – often these are ways to numb out to avoid facing grief, deep emotional pain, or dissatisfaction with life in general. These substances or habits make us feel calm or provide an emotional high for a short while but do nothing to resolve the underlying issues in our lives and often just make things worse. I know all about numbing.

Sometimes what we need is time to rest and regroup. Time to get honest about what is and is not working in our current lives. A chance to actually decide who and how we want to be for the next season of life... and maybe permission to begin taking self-care seriously.

30 days is not enough time for a complete life overhaul but it is enough time to set some new positive habits in place, to learn new skills, and to gain clarity around how you want to feel and behave and what you want your life to look like. 30 days is a perfect amount of time to jumpstart you to living with greater calm, clarity and confidence.

Each of you made the decision to join this mini course for different reasons and from different life circumstances. But whether you are joining because you struggle with depression or simply need encouragement to boost your self care, I welcome you and invite you to take a few deep breaths and enjoy the journey.

Calm is designed to educate and inspire change in a gentle way. The work load is fairly light but best results will come for those willing to invest time each day to questioning and putting the action steps into practice. Are you ready?

Day 1: How to Walk Through the CALM Mini Course

When you purchase the CALM mini course you receive four weeks of action steps and worksheets all at once. I encourage you to go ahead and skim through the material if you wish, but then come back to the beginning and work through it, week by week, as intended.

Sometimes we have a tendency to rush through material, eager for change. But lasting, transformative change usually comes as a result of slower, consistent, very purposeful steps. We need time to pause, consider, build up new habit muscles. Tweak things as we go. So please do yourself a favor and relax and enjoy the 30-day process.

I encourage you to pull out your agenda, look at your week ahead of time, and shade in some time blocks to work through the action steps of the CALM mini course.

Each week there are 5-6 action steps to work through; choose one step to focus on/day.

CALM is meant to be a fairly simple course – but if you find yourself feeling overwhelmed do not quit! Instead of 5 or 6 action steps, simply choose 1-2 changes per week to focus on and let that be enough. If you find yourself wanting to work through some of the material together you may want to [work with me 1:1](#) for a time or take my [SHOW UP AFRAID](#) class to go deeper and further into learning to show up fully – with joy and “on purpose” to your imperfect & beautiful life.

At the end of the course you will find a simple resource recommendation page including a handful of resource ideas per week that may support you further as you seek to live with greater CALM. You are not required to use these resources, of course, but they have certainly supported me on my journey and you may wish to check them out.

Each week you will be asked to spend some time journaling as one (or two) of the action steps. This step is critical; please do not skip it. Some of you may detest journaling but I am going to challenge you to give it a try for the duration of the course anyways. Just 30 days! If you simply cannot bring yourself to do this or you struggle with writing, you might record your thoughts. Or, another potentially rewarding option would be to invite a safe friend or partner to purchase the mini course and then together you can work through all the material and the journal prompts in conversation!

Time to step into week one of CALM. Enjoy☺ Krista xo

Check out my [Live on Purpose Community](#) if you are looking for ongoing mind-body education & encouragement to you help you lived an unshackled life of deeper purpose, health and joy. In this supportive group you'll meet with like-minded people, you're welcome to tell the truth about where you're struggling and where you're making progress, I offer relevant resource recommendations and educational FB Lives to help you grow and move forward in your life & mind-body health goals. *Watch for the 3 questions you must answer to join

Obstacles That May Arise When We Seek Change

I am going to full out assume that because you signed up for this course, you are committed to bringing about some manner of positive transformation in your life. Congratulations! You took the first, critical step. When you desire and set about to make changes in your life, resistance can arise to discourage you or hold you back from continuing the course. Let's address a few of these potential obstacles now.

Comparison steals your joy. When comparison rears its ugly head it is to tell you that you are not good enough, certainly not doing as well as other people, and probably shouldn't even try because remember how many times you have failed in the past? You might be tempted to compare your beginning baby steps with someone who has been on the journey way longer than you. You may compare your efforts with someone else and find yourself lacking, even though you are putting your heart and soul into progress. Comparison is a liar and needs to be booted out the door as soon as it arrives. Remind yourself of the truth – you are beautiful, worthy, and uniquely gifted. True, you have struggles – but so does every other human being. You do not need to compare; you have only to set your personal goals and forge your own path.

Hopelessness. If you have experienced loss, trauma, or great pain in your life, you might struggle with a sense of hopelessness from time to time. You might even be a little stuck there right now. Sometimes, when we have walked through a long, hard season of life it is hard to trust that there are good things ahead. You might jump every time the phone rings or resist feeling joy because you never know what bad news hides just around the next corner. Perhaps you come from a long line of divorce or disease and so sometimes you wonder if there is any point in working hard at creating the life you desire if you are 'destined' to the same fate. This is a hard place to be in but I encourage you to choose joy. To choose to see the beauty around you, to trust that all of your pain and heartache is part of your story, but not the ending. Don't give up.

Resistance from others. People in your life may not rejoice when you seek to change. They may be perfectly content with the way things are and get angry or feel threatened by your desire for a happier, healthier life. They may attempt to sabotage or criticize your efforts. If it is your spouse and kids that are unhappy you may be able to introduce changes slowly, explain the benefits to get them on board, or simply set healthy firm boundaries to protect your own health. If the resistance comes from extended family or friends, you can set boundaries around your time together or invite them into your journey. Find new ways to hang out together if the old patterns are not health-supporting. Don't preach to them; just be who you want to be and allow others to choose for themselves.

Blame and victim mentality. It is easy to fall into the trap of feeling sorry for yourself. Perhaps you have an illness or injury that led to your weight gain. Maybe you have an unsupportive partner. We all have struggles – and we all have a choice to rise above and move forward. Acknowledge that life hasn't always felt kind to you and then make a plan of action and move forward. No one else can do the work for you.



CALM

• Exploring Stress Mindset

• Living With Purpose

• Days 2-8

- Set aside 30 minutes to journal about where stress, anxiety or negative thinking are holding you back. Identify times where a stressful experience ended up being positive. Where can you shift your mindset or reframe your thoughts about activities, people or other negative thoughts that arise to acknowledge that not all stress is bad. Be specific: write out the exact phrase(s) you could speak to yourself in the moment.
- Complete the Life Visioning Worksheet provided to give you a clearer picture of how you want to your life to sound, look, feel. It may help identify areas of strength or imbalance in your current life. Do this as a free write (point form is great!) – no judgement, just curiosity and honesty.
- Establish a Word of the Year and/or up to 5 Mind Body Spirit Intentions (MBSI) to direct your behavior and mindset. As an example, 2/5 of my MBSI are “strong” and “purposeful”. All of my life choices (habits/goals) should support me in feeling strong and purposeful. Check in with your MBS Intentions throughout the day.
- Complete the Short-Term Goal Worksheet provided. Each of your personal goals should align with your Mind Body Spirit Intentions and move you closer to your bigger Life Vision.
- Create morning and evening routines (up to 5 actions each) that will help you begin and end your days with purpose. I encourage you to post your routines in a visible location.
- We make progress in what we track. Use the tracking calendar provided or create your own and track your goals for the next 30 days.

Basic Life Visioning Sheet

How do I want to feel?

Who do I want to be?

what do I want to do?

What do I want to have?

Short Term Personal Goals Worksheet

“Life is a journey, not a destination,”

Ralph Waldo Emerson

Word of the year:

Mind body spirit intentions:

-
-
-
-
-

Physical health

-
-
-

Spirituality/emotional wellbeing

-
-
-

Education/personal growth/creativity

-
-
-

Short Term Personal Goals Worksheet

Marriage/family

-
-
-

Career or vocation

-
-
-

Financial health

-
-
-

Service & outside relationships

-
-
-

Home-management/environment

-
-
-

p. s. take joy on the journey

My Morning and Evening Routines

My morning routine

-
-
-
-
-

My evening routine

-
-
-
-
-

Your morning and evening routines should be fairly simple, at least for the first many months. Ideally you will be able to complete these within 30 minutes, before you leave your home or dive into work for the day. These routines should clearly align with your short term goals, your MBSI's and your bigger Life Vision.

Stick with your routine a few weeks and then tweak it if necessary but resist the temptation to change things up regularly (We want to craft a rhythm that simplifies and creates calm in your day.)

To help you out, here is an example of my current morning routine:

- Express gratitude for 3 things in my life (big or small)
- Stretch, breathe, review my MBSI
- Set 3 priorities for the day
- Kitchen tidy/check menu plan/drink water (at least 16 oz to get started)
- Coffee and check media (book or social media)

30 Day Tracking Calendar

	8-10 c water	7.5-8.5 hours sleep	BM	Self- Care	Min 5-7 servings produce	Practice of Gratitude	Deep Breathing 2x/Day	Lived in Alignment w/ MBSI
1								
2								
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29								
30								

30 Day Tracking Calendar

	Morning Routine	Evening Routine	Joyful Movement	Supplements	Cleared Clutter		
1							
2							
3							
4							
5							
6							
7							
8							
9							
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11							
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30							

There is room on your tracking calendar to add in a couple more habits – ex. if one of your Mind Body Spirit Intentions is “connected” then perhaps you add that to your calendar and aim to connect each day in a meaningful way with someone you love (ex. a flirty text to your husband, a coffee date with a friend or a snuggle with your son). BM= Bowel Movement; Joyful Movement = any movement that supports you in the life you desire.



CALM

- **Herbs & Supplements for Greater Calm**

- **Mood Balancing Nutrition**

- **Days 9-15**

- Spend some time journaling about your relationship to food. Is it your enemy, do you avoid it, do you have an eating disorder, do you have addictions or uncontrollable cravings, was food used as punishment or reward in your past? Where do you most need freedom with food?
- Do a pantry clean out (ditch the clutter!) of unsupportive foods and restock with health supporting foods. Use the Pantry List handout provided to help you get started.
- Create a menu plan for the week – consider freezer cooking or cooking big batches for leftovers. You could create a Master List of simple, healthy meals and rotate these. Tie kitchen time to something you love (a podcast, Netflix episode, music you love, etc.). Alternatively, try out the sample 3 Day Spring Menu Plan provided (GF & DF). Plan for a couple “purposeful treats” each week.
- HOW and WHEN you eat is just as important as WHAT you eat. Sit down for regular, nourishing meals (avoid eating on the run but do keep snacks in purse or car just in case); breathe, chew, savor. Limit late night eating, eat mindfully (no bingeing/no shame).
- Consider trying some new herbs or supplements to support mood-balance. Start low, go slow. Check with your Dr. or health provider before starting new herbs or supplements if you have a diagnosed condition or take medications. See the supplement handout for ideas.
- Do you need additional support: a sugar detox, 1:1 coaching, an elimination diet or allergy/sensitivity testing?

HAVE			NEED			HAVE			NEED		
VEGGIES											
Arugula			Green beans			Romaine					
Asparagus			Jicama			Shallots					
Beets			Kale			Spinach					
Bok choy			Leaf Lettuce			Squash					
Broccoli			Leeks			Sweet Potatoes					
Cabbage			Mushrooms			Swiss Chard					
Carrots			Okra			Tomatoes					
Celery			Onions			Turnips					
Chives			Parsley			White Potatoes					
Cilantro			Parsnips			Yams					
Corn			Peas			Zucchini					
Cucumbers			Peppers			Dandelion					
Eggplant			Pumpkin			Sprouts					
Frozen Veggies			Radish								
FRUIT											
Apple			Frozen berries			Papaya					
Apricots			Goji berries			Peaches					
Avocado			Grapefruit			Pineapple					
Banana			Grapes			Plantains					
Blackberries			Honeydew			Plums					
Blueberries			Kiwi			Pomegranate					
Camu-Camu			Lemon			Raspberries					
Cantaloupe			Lime			Strawberries					
Cherries			Mango			Watermelon					
Cranberries			Nectarines								
Dates			Oranges								
Figs			Other dried fruit								
HERBS/SPICES											
Basil			Cumin			Nutmeg					
Black pepper			Dill			Oregano					
Cardamom			Fennel			Paprika					
Cayenne			Garlic			Parsley					
Chili powder			Ginger			Rosemary					
Cilantro			Herbamare			Sage					
Cinnamon			Italian blend			Sea salt					
Cloves			Mint			Thyme					
Coriander			Mustard seeds			Turmeric					
GRAINS											
Amaranth			Kamut			Rice noodles					
Barley			Millet			Spelt					
Bean pasta			Oats			Sprouted bread					
Brown rice			Org nachos			Teff					
Buckwheat			Popcorn			White rice					
GF pasta			Quinoa			Wild rice					

		HAVE	NEED			HAVE	NEED			HAVE	NEED
NUTS & SEEDS											
Almonds			Hazelnuts			Sesame seeds					
Brazil nuts			Sunflower seeds			Nut butter					
Cashews			Macadamia nuts			Seed butter					
Chia seeds			Pecans			Tahini					
Flax seeds			Pistachios								
Hemp hearts			Pumpkin seeds								
CONDIMENTS											
ACV			Mayo			Sauerkraut					
Balsamic vinegar			Mirin			Sriracha					
Coconut aminos			Miso			Tamari					
Fermented veg			Mustard			Vanilla					
Ketchup			Quality bouillon			Wine Vinegars					
Kimchi			Salsa								
PROTEINS											
Beef			Gelatin Powder			Sardines					
Black beans			Green lentils			Split peas					
Black eyed bns			Kidney beans			Tempeh					
Black lentils			Meat broth			Tuna					
Cheddar			Natto			Whey Powder					
Chicken			Northern beans			Yogurt					
Chickpeas			Other fish			Oysters					
Eggs			Other meat			Organ meats					
Elk			Red lentils								
Feta			Salmon								
FATS & OILS											
Avocado oil			Ghee			Organic butter					
Coconut oil			Hemp oil			Sesame oil					
Flax oil			Olive oil								
BEVERAGES											
Almond milk			Greens powder			Organic coffee					
Cashew milk			Herbal Teas			Reishi, Chaga					
Coconut milk			Kefir			Rice milk					
Coconut water			Kombucha			Spirulina					
Green tea			Maca								
PANTRY ITEMS											
Aramé			Dark choc			Stevia					
Baking powder			Granola			Tapioca flour					
Baking Soda			Kelp flakes			Other flour					
Cacao nibs			Kombu			Tomato paste					
Cacao powder			Maple syrup			Tomatoes					
Arrowroot			Olives			Veggie broth					
Coconut			Pasta			Applesauce					
Coconut flour			Pasta sauce								
Coconut sugar			Raw honey								

	Day 1	Day 2	Day 3
Breakfast	Water w/ liquid chlorophyll; Mug Dandy blend or dandelion root tea with coconut milk Walnut Brownie Breakfast smoothie , serving fruit	Lemon water; Maca latté (1-3 tsp maca and cacao, 1 c non-dairy milk, cinnamon and/or vanilla to taste, honey/dates/stevia if desired) Banana blender pancakes ; strawberries or melon & dollop of coconut milk yogurt	Water w/ liquid chlorella; Matcha latté, hot/iced (blend 1 c water, 1tbsp matcha powder, stevia or honey if desired, 2-3 tbsp coconut cream, ice) Eggs with slice GF toast, half avocado, sliced colored peppers, kelp flakes
Lunch	Salad in a jar with layered Spring greens, avocado, ½ c chickpeas or black beans, cucumber, quinoa, goji berries, avocado oil & balsamic drizzle	Salad with sliced hardboiled eggs, sprouts, red onion, cilantro, olives, cucumber, grape tomatoes, leftover hummus as dressing	Spring greens mix, sunflower seeds, ½ c berries, leftover tahini dressing, (add in quinoa if this isn't heavy enough), leftover salmon
3 pm Snack	Raw veg and hummus , 2 brazil nuts Herbal or green tea (hot or iced) or kombucha	Old fashioned 'ants on a log' (1 pc celery, 2 tbsp cashew or almond butter, 2 dried dates chopped, dark choc chips or 2 squares dark choc), 2 brazil nuts Green or herbal tea (hot or iced) or kombucha	Few squares of dark, organic chocolate, small banana or serving of veggies, 2 brazil nuts Green or herbal tea (hot or iced) or kombucha
Supper	Cauliflower 'rice' skillet (rough chop 1-2 heads cauli, 1 onion, sauté w/ bag mixed veggies chopped, drizzle with tamari); local beef or elk cubed, seasoned, baked, kimchi	Baked wild salmon, Sautéed asparagus, Greek salad (cilantro, olives, goat's feta if you can tolerate dairy, baby tomatoes, cuc, red onion); tahini dressing	Stuffed sweet potatoes ; If you don't eat meat use organic extra firm tofu or tempeh, sauerkraut
Notes	Hard boil eggs; prepare jug of herbal iced tea for the week Optional treat: GF choc-cherry muffins	Prepare mason jar of dressing for the week; make extra pancakes (freeze layered in parchment)	Consider making extra sweet potato filling for lunch leftovers Optional treat: Sunbutter Cups

*Find another free 4-day calming menu plan [here](#)

10 Simple Food Rules for Greater Calm

• balance blood sugar • protect gut health • lower inflammation

1. Hydrate well! Know exactly how many ounces your water bottle or typical glass holds and aim for 8-10 cups (64-80 oz) filtered water or herbal tea, unsweetened/day.
2. Eat more plants, especially leafy greens and cruciferous veg- min 5-7 servings/day. Choose a diverse rainbow of brightly colored vegetables and non-irradiated herbs.
3. 80-90% of the time eat unpackaged, unprocessed, real food.
4. Slow down, chew, savor, appreciate your food. Enjoy the people you are eating with.
5. Ditch all refined sugar, calorie free sugar substitutes, and seed oils. Use small amounts of natural sweeteners like coconut sugar, raw local honey, maple syrup, or dried dates. Eating sweet can lead to craving more sweet. If you struggle with sugar addiction you may need to cut all sugar, yeast, ferments, alcohol, bread and refined grains for a time.
6. Make a plan of action: menu plan, create a master menu plan of easy but healthy meals to fall back on when time is short, use up leftovers, get the family involved, try batch or freezer cooking, use your crockpot.
7. Sit down for real, nourishing, PFF (protein, fat, fiber) meals several times a day, and maybe a snack (if needed to keep your blood sugar stable). Nourishing yourself well is an act of self-care!
8. Eat quality fats each and every day: avocado, olives, nuts and seeds, nut butters, eggs, coconut oil or avocado oil, organic butter or ghee, fish or fish oils, flax, hemp, chia, dark organic chocolate, raw cacao or cacao nibs, coconut- (high fat/low carb or low carb/higher fat).
9. Eat fermented foods. Try kimchi, kombucha, kefir, sauerkraut, natto, lacto-fermented veggies, yogurt – organic or coconut yogurt, miso, tempeh, etc. If they are shelf-stable they do not count (some people cannot eat some or all of these so listen to your body!)
10. Purposeful Treats should be a joyful part of your life. Have fun with food, just don't let it control you! You might plan for a special once a week family treat & game night or plan for two special treats each week that you will thoroughly enjoy, guilt free.

5 Supplement Categories for Greater Calm

1. Vitamins/Minerals

- Methylated B-complex (take in morning, energizing)
- Zinc, magnesium, selenium, chromium (consider a liquid mineral supplement)
- Vitamin D3 (w/ K2) (consume with fat)

2. Essential Fatty Acids

- Evening Primrose Oil
- Omega 3's (animal and vegan options are available)

3. Adaptogens***

- Reishi, Cordyceps, Chaga (available in pills, drink form, tinctures)
- Licorice, Tulsi, ginseng (choose one for an evening tea)
- Ashwagandha, Rhodiola (available in powders or supplement form)
- Maca: stamina/energy, libido, mood (easy to add to drinks)

4. Herbs

- Valerian, Passionflower, Kava Kava (look for a tea blend or tincture)
- Turmeric/Curcumin (add to food and for medicinal dosage take in supplement form)

5. Other

- Essential Oils: Lavender, Frankincense, vetiver, ylang ylang, sweet orange, sandalwood
- Probiotics (gut health is linked to mood balance)
- Amino Acids: (short-term only) 5-htp, tryptophan, GABA***

*****If on medication for anxiety or depression do not take these without permission from your prescribing doctor because amino acids can interact with SSRI's in particular! And of course, this is not medical advice – you must consult with YOUR health care provider to make safe choices for your life and circumstances.**

I believe in first improving health (and calm) by addressing nutrition, lifestyle and mindset habits- this is the foundation. After that, adding in herbs, essential oils and supplements can make a huge difference in optimizing our health and wellness. This is an idea list – the idea is that you would start with 1-3, not ALL of these at once. Please work with your health care team to decide which supplements would best support you in your specific health challenges or life goals!



CALM

•Which Habits Are Weighing You Down?

•Clearing Clutter & Toxins

•Days 16-22

- Spend time journaling about where your life feels the most cluttered (ex. spending, calendar, house clutter, toxic relationships). What need is this 'clutter' serving or filling in your life? What is a healthier way that you could meet the need in your life? Do you need to practice saying no or learn to set healthy limits or boundaries?
- Fill in the "Let it Go" worksheet to identify the responsibilities, work, relationships, expectations (and so on) that you can ditch or outsource in order to live with greater calm, clarity and confidence.
- Choose some ways to ditch the toxins in your home; use the handout provided to get you started. Baby steps count: you could even undertake one change a month to avoid overwhelm.
- Take the decluttering challenge. I challenge you to remove at least 70 items from your home or life over the next 7 days! Use the handout provided for more tips on creating a greater sense of calm in your home environment.
- I encourage you to consider establishing a Values Based Spending Plan and tracking system– tell your money where to go! It could be a detailed plan or simply involve broad categories: giving, short term saving, long-term saving, essential needs, fun \$. Your spending should align with your MBSI, your short term goals, long-term goals and your core life values. Getting clear on your personality type can help create a system that is sustainable.
- For peace of mind, consider establishing an emergency fund to start things off.

Just Let It Go

Things I am afraid of (especially that are not in my control)	Other people's responsibilities or my efforts to change other people
Stuff on my to-do list that is weighing me down	Who I used to be
What I "should" do or like	Wounds from the past I'm still carrying around
Ways that I compare myself to others	Unkind words or thoughts I speak about myself
My clutter or addiction(s)	Unhealthy relationships

10 Simple Ways to Ditch the Toxins in Your Home

1. Clean up your shower: get rid of the plastic shower liner and choose a cloth or hemp curtain; replace your shower head with a chlorine filter to reduce risk of cancer, asthma, and skin irritation.
2. Chuck the health-compromising makeup, deodorant, perfume, lotions, [feminine hygiene products](#), etc. Avoid phthalates, paraben, SLS, triclosan, fragrance, aluminum, etc. Here is a list of [ingredients to avoid](#) to get you started. There are many safer, low-tox products on the market to choose from.
3. Filter your water. If you have a well, get it checked for heavy metals. If you live in town, use a filter like the Berkey (see link on my website) to remove chlorine, fluoride and pharmaceuticals. Who needs Zoloft and birth control in their water?
4. Limit your use of endocrine-disrupting, BPA-lined, canned goods and prioritize jars or BPA-free cans. Replace your plastic water bottle and food containers with glass. Never microwave in plastic. Read here for more info about some common [endocrine-disruptors](#).
5. Replace your scented candles and sprays with essential oils or beeswax candles. And open your windows to improve your indoor air quality! Also bring some [air-cleaning houseplants](#) into your domain even if you're a chronic plant killer like me (I keep trying!)
6. Replace toxic Tide with lower-tox (fragrance-free!) laundry products. Use dryer balls in the dryer (no dryer sheets), try Ecos from Costco, Eco-vert from organic markets in the city, or fragrance-free [Dizolve strips](#).
7. Use homemade simple cleaning products made with vinegar, water, essential oils (ex. lemon and tea tree) and baking soda. Or [check this site](#) for cleaner store-bought options.
8. Wash your produce in vinegar and water and use a scrub brush. If mold or bacteria is a concern you can spray with vinegar, then with [3% hydrogen peroxide](#). This is a great counter disinfectant too. Don't forget to switch to low-tox dishwasher and dish washing soaps.
9. Use HEPA filters and a quality furnace filter and change it regularly! If you or your kiddos start feeling stuffed up or sniffly, check your furnace filter!
10. Ditch the noise pollution. Too much noise amps up anxiety. Can the radio be switched off, the TV relocated, or can kids wear earphones sometimes when listening to their favorite Netflix shows? Maybe everyone needs to practice speaking with more kindness. A media curfew in the evening can further decrease noise and contribute to a calmer home environment and prepare you for restful sleep.

*If you need some brand recommendations, please ask on my FB page or go here to check out some of the [favorite products I use in my home](#).

10 Simple Tips for Decluttering Your Home

1. Clear your kitchen counters. Mail, homework, toys and old socks do not actually belong in the kitchen (unless you have a designated home-management work space for this purpose set up in your kitchen).
2. In your storage room (or garage or under your bed if you lack space) you should have these two containers handy: a basket for items to be sent to the take-it-or-leave-it and another for items to be dropped to the local thrift shop. These should be out of sight of other family members so they can't pull things back out.
3. Set up inflow/outflow baskets or hanging folders to capture bills, school papers, interesting bits of paper or invitations until you can deal with them. Let your family know how to use the simple system. Create a weekly time block to manage paper work.
4. Create a home-management routine to boost calm. Have a day for laundry, vacuuming, grocery shopping, extra food prep, cleaning the bathrooms, etc. so that you can relax more knowing that there is a day set aside for these tasks. Some people like to do it all on one day while I prefer to break it up throughout the week to prevent overwhelm. Designate people for each task.
5. Clear floor space. Nothing should be thrown on the floor. Donate excess furniture that makes your rooms feel too crowded.
6. Set limits on clothing/outfits for yourself and your kids. How many pairs of pants or shoes per season does one need? Setting these limits curbs both clutter and excess spending. Get rid of clothes that used to fit you or that don't make you feel comfortable. Consider moving to a minimalist wardrobe; we mostly wear the same 20% of our clothing anyways.
7. Go through the kitchen and purge unused appliances or tools, duplicates, extra dishes that never get used, old cookbooks that promote unhealthy eating, etc.
8. Establish a limit for books (or other collections). This can be a hard one. If they cannot fit on your current shelves, then donate and stop buying!
9. Pare down your body care/beauty routine AND the medicine cabinet. Fewer items means a savings of time and money and fewer toxins. Slowly sub products for healthier options.
10. Stop buying stuff. Set a limit and budget for gift giving. Opt out of gift giving when it means buying and passing along useless stuff; everyone's lives are cluttered! Consider gifting your kids more consumable items like art supplies or experiences instead of yet more toys or gadgets that will quickly lose appeal. Learn more about creating a [Values Based Spending Plan](#) and how personality affects spending habits.



CALM



- **Calming Mindfulness Techniques**

- **Stress Reducing Practices**

- **Days 23-29**



- Spend time journaling about where fear might be holding you back. Very often our anger or even rage, our struggles with eating healthy, our physical ailments even, stem from a root of fear. What are you deep-down afraid of? What would happen if you faced or let go of this fear and decided that you want to be free? What would this look and feel like? I invite you to take one step this week to move from fear to freedom.
- Spend time either journaling through or pondering the Love Yourself Well Prompts/Exercises. Learning to truly and completely love ourselves is probably the most significant way we can shift to living with greater calm, clarity & confidence.
- I believe we are both poem and poet – both amazingly created and with creative ability to offer the world. How do you like to create? Are you an artist, a baker, a gardener, a homemaker, a creative problem solver? Look at your calendar and block out time each week or at least each month to explore your creative giftings.
- I invite you to begin a daily practice of mindfulness meditation. Our bodies, minds & spirits are always speaking to us but we need to learn to tune in and respond appropriately to their messages. During your MM, what are the body sensations you notice (ex. tight hips, shoulder tension, ringing in ears), what are the emotions (ease, anger, hunger, loneliness)?
- When anxiety bubbles up or you find yourself worn down or about to blow up, pull out your Self-Care Cheat Sheet. Remind yourself to put on your own oxygen mask first. xo

Love Yourself Well Prompts/Exercises

1. Do you regularly say negative things to or about yourself? (Ex. I am so fat, I hate my thighs, why am I so stupid, I am never going to get over this addiction, why can't I be like ____, I'm not pretty/smart/strong/ambitious enough, etc.). Notice the words you speak and think and take note of how often you berate yourself. Then remind yourself of who you choose to be (your Mind Body Spirit Intentions).
2. What are your greatest strengths? Think back to when you were a child – about 10 years old. What did you love to do back then? I believe that we can see who a person is and how they are hardwired from an early age. Have you respected your true self or tried to be someone you're not?
3. "Instead of wondering when your next vacation is, maybe you should set up a life you don't need to escape from," wrote Seth Godin. What could you change to begin creating a (more) joyful life for yourself that you would not need a vacation from? Are there baby steps you could begin taking this week?
4. "Take risks, make mistakes, get messy." I love this quote from Ms. Frizzle of the Magic School Bus. Where do you need to push yourself out of your comfort zone (take a risk) or begin to explore or play (get messy) a little more? Mistakes are part of a life well-lived. Have you allowed fear of making a mistake to hold you back?
5. I believe we need to love and accept our bodies as they are, scars, cellulite and all. If we want change (to get leaner, stronger, break addiction) for health reasons, that is wonderful BUT ONLY if it comes from a place of compassion. I encourage you to stand naked in front of the mirror each day and tell your body you love and appreciate it. I'm serious – get naked☺
6. We all change and this is a natural and healthy part of both maturing and moving through life's myriad seasons. Create a list of some habits, activities or expectations that no longer serve you, maybe ideas of who you thought you would be or should be. Release these to make space for all the incredible beauty that awaits you in this season of life if you free up physical or emotional space.
7. Do you struggle with an all-or-nothing mindset? When you "fall off the wagon" pick yourself up immediately. Let go of shame and guilt. Don't wait till tomorrow or Monday morning or until somehow magically the timing is perfect. The timing is never perfect. Just pick yourself up and move forward. Now.
8. If you struggle with jealousy, pause and allow yourself to really notice the feelings that arise. What is it about that person or situation that you envy? Then I encourage you to wish them well in your heart and mind. Choose compassion.
9. What determines your worth or identity? Get clear on where your worth comes from.
10. Did you know that JOY is a choice? Practice picking up joy and wearing it like a garment.

Mindfulness Meditation

Mindfulness is the state of living in the moment and being fully awake to the gifts of NOW. Learning to live with mindfulness can help with pain management, lower stress, promote better sleep and digestion, help us cope with our emotions in a positive manner, among *many* other benefits. The ability to regulate one's body and find balance in emotion, thought and physical health is at the core of healing and well-being. Simply put, mindfulness training can support us immensely in living with greater purpose, health and joy!

Before beginning a Mindfulness Meditation, sit (or stand – some people do better incorporating movement) in a comfortable position. Take a few minutes to bring awareness to your breath, to your body, or simply rest in the moment. You may choose to put one hand over your heart and the other over your belly. Notice anything in your mind causing stress, worry or tension. Just acknowledge this and notice how your body feels as you hold these stresses in your mind. Then repeat the meditation phrases aloud or in your mind. They are really about expressing compassion for yourself and for those around you. If you are struggling with an individual you may want to picture him/her in your mind as you work through the MM, wishing them well.

Example one:

May I be at peace
May I feel love
May I treat myself with kindness
May I offer myself compassion
May you be at peace
May you feel love
May you treat yourself with kindness
May you offer yourself compassion
May the world be at peace
May the world feel love
May the world treat each other with kindness
May the world offer each other compassion

Example two:

May I accept myself just as I am
May you accept yourself just as you are
May we accept ourselves just as we are
May I walk in love
May you walk in love
May we walk in love
May I find peace
May you find peace
May we find peace

May I live with joy
May you live with joy
May we live with joy

Example three:

You may want to simply sit and work on learning to breathe slowly and deeply for a period of time. You may choose a verse or a prayer to repeat as you breathe in and out (ex. I breathe in peace; I breathe out worry). As you sit you will notice emotions or sensations come and go. You can notice and even name them and then let them pass. If tears come, permit them. And then listen to the message your mind or spirit is speaking to you. We are often in such a hurry that we don't take the time to listen.

Example four:

Go for a walk in nature or just around the block with your toddler and really notice all the details around you. Be fully present. If impatience rises or distracted thoughts come, just notice without judgment and then bring your thoughts back to the present. How does the sun feel on your skin; how does your hair feel on your face and neck as the wind whips it around; notice the clouds, the buds on the tree as you pass; breathe in their scent. As you walk, do you notice any tension in your body? Take a deeper breath. Relax. Enjoy the experience of simply being alive in this moment.

Example five:

The practice of gratitude is an exercise in mindfulness. I encourage you to bookend your days with gratitude; some people benefit from maintaining a physical journal while others just speak the gratitude aloud or in their minds.

Remember that some people need help getting into their bodies and will do better swaying while standing (grounded), tracing one hand with the finger of the other as they breathe in, pause, and out. Sometimes I do gentle, fluid, full-body movement with stretching, bending and squats as I do a Mindfulness Meditation. This can work way better for some people for whom sitting still stirs up agitation or anxiety.

Mindfulness increases the more you practice it. As you practice MM you will get better at slowing down throughout the day to notice how you are feeling before reacting, to express gratitude, to observe the gifts of the day. You will get better at breathing deeply and listening to your body as well (ex. hunger and full signals, thirst, need for rest or self-care). This will, in turn, support you in living with greater calm, clarity and confidence. There are many apps and free guided mindfulness meditations that you can access online if desired.

Incorporating mindfulness into your daily life is ideal and is one of my favorite suggestions for living with calm and joy! You may want to start with even 5 minutes a day. Sometimes a short daily habit is easier to maintain than saying you'll practice MM 3x/wk.

Simple Self Care Cheat Sheet

When you are feeling worn out, drained of joy, angry or anxious, pull out this self care cheat sheet as a reminder of simple steps to take to move you once again from stress to greater calm.

1. Connect with friends. Social connection is a better predictor of health and happiness than smoking or obesity! Social connection lowers anxiety and depression, strengthens your immune system and increases longevity. If you didn't realize girlfriends were important before, now you know☺
2. Go to bed. Lack of sleep leads to weight gain, blood sugar issues, hormone imbalance, poor cognition and memory, decreased productivity, and plain'ol grouchiness. White noise, magnesium or progressive muscle relaxation may promote better sleep.
3. Have sex (or cuddle). Sex is anti-aging, boosts immunity and reduces anxiety by boosting oxytocin. It also helps maintain healthy emotional connection with your partner. If you struggle with pain, dryness or low libido, seek help. Prepare yourself mentally in the afternoon, don't wait till late at night, and remind your partner gently that sex begins *outside* of the bedroom.
4. Review your handy Mind Body Spirit Intentions list. Remind yourself of who and how you choose to be.
5. Go for a walk. Walking in general and getting into nature specifically are tremendous mood boosters. Walking or Joyful Movement of any kind also connects you to your body and can inspire healthier habits.
6. Listen to your inner dialogue. Be careful what you speak to or about yourself. If you wouldn't say it to your daughter or best friend, do not say it to yourself. And instead of focusing on the negative of your day, reframe and choose gratitude.
7. Breathe. Deeply. Pause. Exhale. Repeat. We tend to be shallow breathers in our society and stress can cause us to breathe too quickly or to hold our breath. Maybe you want to practice slower [diaphragmatic breathing](#)? Using essential oils is a great way to encourage deeper, relaxing, belly breathing and to calm anxiety.
8. Eat a nourishing snack. Maybe you're hungry, lady! Eat a quality and yummy PFF (protein, fat, fiber) snack. Limit the sugar, caffeine and alcohol in your diet.
9. Choose good enough. Let go of perfectionism and stop worrying so much about what others will think of your house, clothing, weight or children. Don't assign anyone else that much power over your life.
10. Do something kind for yourself. Take a bath, call your sister, go to bed early, arrange a dinner date with your husband, get a pedicure, light a beeswax candle, curl up in bed all darn day with a good novel, buy a pretty bra, say no to one more commitment. Love yourself well; no one else can do this work for you.

Day 30: Reflection

Yay! You made it to the end of the 30 Days to CALM Mini Course. So how do you feel?

If you have invested time and thought and energy into the action steps do you notice yourself walking with a little more clarity and confidence? Are you able to shift a little easier from stress to calm these days? Are you clearer about the stress or shame or bingeing triggers in your life? Can you see how your days flow with more purpose or clear intention now? Use the final handout provided to sift through your thoughts and feelings.

Hopefully you have printed out your worksheets and put them into a small binder for easy reference (if not, consider doing that now). Keep using them and check in with them every so often to remind yourself of who and how you want to be, those things that you determined to let go of, your life goals. Print off the pantry list and tape it inside a kitchen cupboard for inspiration. Write your Mind Body Spirit Intentions somewhere in your cell phone or on a sticky note, post it on your mirror, and remind yourself throughout the day of who you CHOOSE to be.

I know from personal experience that these seemingly simple strategies can be life-changing powerful if you put them into practice.

Decide upon where you go from here: maybe you want to go back over the material for another 30 days and see what comes up for you... or dive on into the resource list which I provided to support you as you continue your journey.

But don't stop here.

Remember that the CALM mini course is a little like dipping your toe into the waters of learning to love yourself well again (or perhaps for the first time). If you are ready for more – more education, more encouragement, more sustainable transformation – then [sign up for my weekly emails](#) to stay in touch [or connect with me here](#).

Wishing you an amazing, abundant, unshackled life of purpose, health and JOY,

Krista xo

Finally, if your anxiety or overwhelm is robbing you of all joy and has moved far beyond the scope of a 30-day course, please go get help. Reach out to a pastor or spiritual advisor, medical doctor, psychologist, or an addictions counsellor according to your need. I have also been there and there is *no shame* (although it can feel like it in the moment) in admitting we need help. You matter. xo

Calm Final Reflections Worksheet

Where did I make the most progress (be proud of your successes!)

Where am I still struggling?

What will I focus on to continue moving forward?

What resources do I need in order to move forward?

Calm Resource Recommendations

● Week one

The Upside of Stress, Kelly McGonigal

Essentialism, Greg McKeown

Happier at Home, Gretchen Rubin

alifeinprogress.ca!!!

theartofsimple.net

● Week two

Julie Bauer's Paleo Cookbook

In Defense of Food, Michael Pollen

Clean Food, Terry Walter

Alchemy of Herbs, Rosalee De La Forêt

avivaromm.com/blog/

● Week three

Breathing Room, Melva Green and Lauren Rosenfeld

The Total Money Makeover, Dave Ramsey

The Art of Money, Bari Tessler

Ecoholic Body or Ecoholic Home, Adria Vasil

becomingminimalist.com

● Week four

The Five Love Languages, Gary Chapman

Big Magic, Elizabeth Gilbert

Daring Greatly, Brené Brown

The Wisdom of the Enneagram, Don Richard Riso

mindful.org