

Calm Life Menu

A worksheet, really a way of thinking, for designing the conditions of your life so that calm is more likely. Not a routine. Not a discipline. A menu of small choices that make your nervous system's job easier.

The practice:

Across one week, fill in your menu under five headings. Aim for two or three items per heading, not a complete list.

- **Anchors:** the things that, when present, make me feel steadier. (*Examples: morning walk, reading before sleep, calling Mum on Sundays.*)
- **Drains:** the things that reliably leave me dysregulated. (*Examples: doom-scrolling at night, skipping lunch, that one coworker, late-evening news.*)
- **Resets:** small actions that bring me back when I've drifted. (*Examples: bath, ten-minute walk, calling a specific friend.*)
- **Boundaries:** the protective decisions I want to keep making. (*Examples: phone in the kitchen overnight, no work email after 7 pm, no commitments on Sundays.*)
- **Spaces:** physical places that support me. (*Examples: the chair by the window, the local park, the kitchen on a Saturday morning.*)

Once you have your menu, the question is no longer *"what should I do today?"* It's *"which of these am I missing right now?"*

Update the menu every few months. What anchors you in winter may not anchor you in summer.