

# Carol Rickard's Artinymys

## Easing Anxiety



CUT ALONG LINE

MOMENTS

INTENTIONALLY

NOTICED

DIRECTLY

FIXING

UNCONSCIOUS

LIVING

NOTICE

ONLY

WHAT IS!

MOMENTS

I'M

NOT

DIRECTING

LEAVE

EVERY

SECOND

SABOTAGED

## Carol Rickard's Artinymys

THE

ONLY

DAY

AFFORDED

YOU!

ACTIVELY

WORK

AT

RECOGNIZING

EXISTENCE

MAGNIFICENT

INSTRUMENT

NEEDING

DIRECTION

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Taken from: The CALM Code

FreedomFromStress.com

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### INSTRUCTIONS:

1. Cut along dotted line
2. Fold in middle
3. Option: Leave open & put on fridge

\*\* Make extra copies & post as reminders where needed!