

Breakfree From Anxiety

Calm Code: MINDFARE

POWER Tool:

Magnificent

Instrument

Needing

Direction!

Key Concepts:



**Thought
Tornadoes**

→
(-)

→
(+)



Mindfare Tools:

Strengthens Our
Attention Muscle!



Mind Push-Ups

The Gratitude Switch



S + **T** = **R**
Situation Thoughts Response