

Create Your Own Calm Journal

Austin Horner



Weekly

Weekly you will have a slide to complete that will guide you through the steps of creating your own calm.

Turn it in every Friday.

Some slides will challenge you and that is ok, do your best and reach out if you have any questions.

Wk 03

Create Your Own Calm

This week we will work on releasing anxieties in our bodies

1. Notice the places where your body feels tense or hardened.
2. Breathe in through your nose, and out through your mouth
3. Repeat this exercise until the tension subsides.

Before this exercise, my anxiety felt like:

a boa constrictor around my head.

After this exercise, my anxiety felt like:

A cat curled up napping on a sunny window sill.

Wk 04

Create Your Own Calm

Nothing is worth more than laughter, it is the strength to laugh and to abandon oneself, to be light.

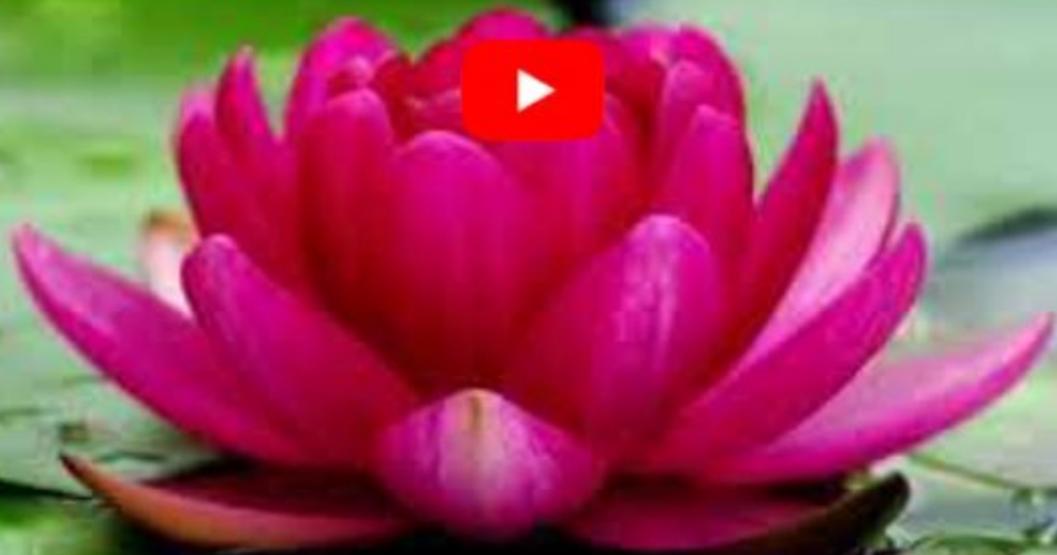
Frida Kahlo

List 3 things that always make you laugh and feel at ease.

1. Talking and gaming online with my friends makes me laugh just about every day.
2. Curling up with my dog is very relaxing. Creating art can be relaxing.
3. Watching anime and listening to music I like makes me happy. I found a 10 minute timer video with relaxing music on the internet that traced a winding path. It was relaxing and cleared my head.

GROWING COMPASSION

10-Minute Meditation



Now, breathe naturally as we shall begin the meditation.

[bell/gong]

Breathing naturally... As the light connects you, heart to heart.

'May I be well, happy and peaceful...'

'May you be well, happy, and peaceful...'

Feel yourselves bathed in the warmth and light of loving-kindness... while repeating the phrases, silently... (mentally recite for two minutes).



Guided Meditation for Children | ONE PERFECT MOMENT | Mindfulness for Ki...





Creativity

Challenge

Progression

Fitness & life goals from P.E. class

Wk 05

Create Your Own Calm

To love oneself is the beginning of a lifelong romance

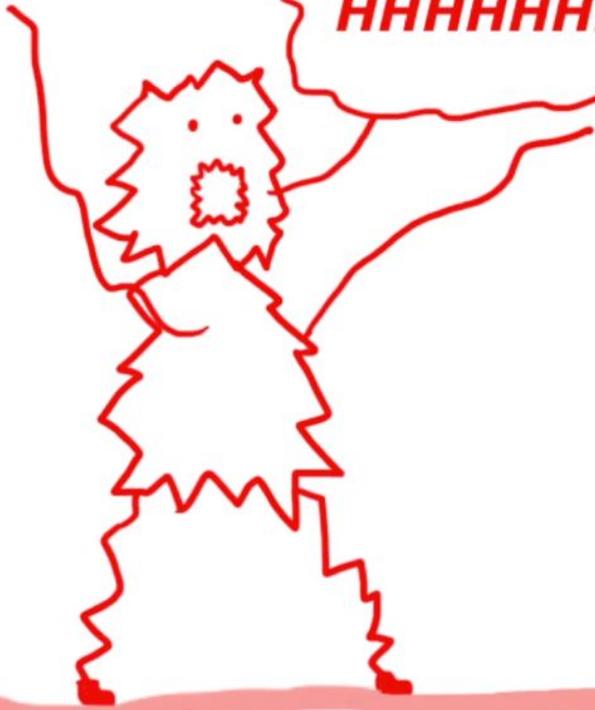
Oscar Wilde, *An ideal husband*.

List three ways you are hard on yourself.

1. hating yourself sometimes.
2. Thinking your not enough
3. Thinking problems are your fault

How can you support yourself more? Giving yourself encouragement and a pat on the back sometimes

**AAAAAAAAAHHH
HHHHHHHHHHH
HHHHHHHHHHH**



Procrastination panic monster, [Tim Urban TED talk](#). High School Success assignment, Week 10

Wk 06

Create Your Own Calm

You need to learn how to select your thoughts just the same way you select your clothes every day. This is a power you can cultivate.

Elizabeth Gilbert - ~~Eat Pray Love~~

Write down 3 anxious thoughts that frequently enter your mind. What positive thoughts can you replace each of these with?

- 1) Anxious thought - I can't do it
Positive thoughts - I can do it
- 2) Anxious thought - They don't like me
Positive thoughts - We are friends
- 3) Anxious thought - I am losing
Positive thoughts - I am enough

The next time the anxious thought fills your mind, choose to listen to the positive thought instead.

Wk 07

Create Your Own Calm

Understanding is the first step to acceptance and only with acceptance can there be recovery .

J.K Rowling - Harry Potter and The Goblet of Fire

Think about something difficult you are currently experiencing.

What is the light in that situation? It is great to find the silver lining and the light in difficult circumstances. But sometimes, there is no light, like when somebody you care for dies, you don't look on the bright side of that. Sometimes you just have to live with the pain and keep going the best you can, and make a positive impact in their honor in some other situation.

David Rutherford, Navy Seal



up look at yourself in the mirror and say today is going to be a great day



Sign on the bike path in Eugene, OR

Wk 08
Create
Your
Own
Calm

You are never stronger....than when you land on the other side of despair.

Zadie Smith - White Teeth

What are you fearful about right now that is making you anxious? **Anxiety? What anxiety? TODAY IS GOING TO BE A GREAT DAY. Boo-ya!**

What is the likelihood this will actually happen? **It is good to remember that most of the things we worry about are unlikely to happen.**

What can you do if it does happen? **The navy seal had great advice: Embrace the idea that life is a challenge. Get up and say, "Today is going to be a great day!" Have a friend to help you charge up. Practice "radical acceptance."**

Wk 09

Create Your Own Calm

The source of a true smile is an awakened mind
Thich Nhat Hanh - Peace Is Every Step

What color does your anxiety and or behavior feel like?

Put the color here (just change the asterisks **orange stress or excitement**).

What color does your calmness feel like?

Put the color here (just change the asterisks **baby blue** or sky blue or **happy dandelion yellow**).



KEEP GOING

Aspire to climb as high as you can dream

TOTAL FITNESS

is very broad.

It's when the mind
supports the body efforts
and vice versa.

Getting the mind in tune
with what you're doing physically
is going to be LIFE CHANGING.

Achieving fitness is a
Personal journey.
Every one of us
is at a different point.
We'll move forwards,
and then we'll go backwards.
We'll have ups and downs,
and hiccups throughout the journey.
Getting up and moving on
is just part of that journey.

We need to understand
and **self-accept**
who we are.

We need to have a willingness
to push ourselves,
to try new things and
hit new limits.

So within that,
designing your own
unique fitness program
while having the right mindset
will help you have
the most successful achievement
in your own personal life.

When the mind and
the body work together,
That's when you're going to see
true results.



Inspiring to watch Felix Baumgartner have the courage to jump from space and go supersonic live on October 14, 2012.

E-mailed with his rapper friend Jamayl Maleek who wrote No Limit, a song about the event.

Wk 10

Create Your Own Calm

Be Curious, Not judgmental!

Believing you can do something comes from a place of curiosity and confidence. While believing you should do something comes from a place of judgement. Learn to approach yourself with “Can” instead of “Should”

What is something you feel you should do?

Why do you feel you should do it?

Do you want to do it? Yes or No

If the answer is no, what can you do instead?

There are things in life that you should do that you might not want to do (like quitting a bad habit, starting exercise, or talking about something difficult). You should motivate yourself to do the thing, and reward yourself for following through. If you fall short, you should adjust the goal and try plan B so you keep moving forward.

Wk 11

Create

Your

Own

Calm

I urge you to please notice when you are happy, and exclaim or murmur or think some point, "if this isn't nice, I don't know what is"

Kurt Vonnegut - A Man Without a Country

List 10 things you are grateful for.

1. My family
2. My dog
3. My friends
4. Having a home
5. Internet
6. Good health
7. Living at the beach
8. Having things to laugh about
9. Living in America, a great country
10. Being able to travel to see my friends

Wk 12

Create

Your

Own

Calm

We can easily forgive a child who is afraid of the dark;
the real tragedy of life is when men are afraid of the
light. - Plato

What values are most important to you?

Highlight or underline all that apply

Kindness

Gratitude

Strength

Humility

Perseverance

Positivity

Passion

Intelligence

Humor

Stability

Wealth

Freedom

Independence

Mobility

Health

Wit

Cunning

Capability

Generosity

Altruism

Admirability

Dedication

Work Ethic



Sign outside White Eagle McMinnamin's in north Portland. It has cool and imaginative things inside. There are programs to help people in north Portland, like a new technology sharing hub, and a community garden.

Wk 13

Create Your Own Calm

I had the epiphany that laughter was light and light was laughter, and that this was the secret of the universe. - Donna Trait, Tae Goldfinch

Close your eyes and imagine your most beautiful life.

What does that look like?

Imagining the most beautiful life is a great meditation exercise, that makes you smile and fills you with good energy. I do like to use VR virtual reality software to create cool worlds, houses, skins, looks and landscapes that I like.

Wk 14

Create Your Own Calm

True happiness is to enjoy the present, without anxious dependence upon the future.

Lucius Annaeus Seneca

What thoughts fill your head when you feel anxious?

Close your eyes and take five deep breaths. What thoughts make you feel excited about the future?

- 1.
2. As a meditation, I will remember to take 5 deep breaths and visualize what makes me excited about the future, and make SMART (specific, measurable, achievable, realistic, and time scheduled) goals about how to achieve my dreams.
- 3.
- 4.



The British royal way is “no explaining and no complaining”, stiff upper lip (ABC news story about Harry Meghan Netflix documentary). Harry is telling his truth

Question 1

3 pts

Please identify all the statements that show a fixed mindset of intelligence.

- I'm not good at this.
- I am just bad at math
- This is too hard for me
- What am I missing here?
- This will take more time and effort to get right
- I just need to work harder at math

No new data to save. Last checked at 4:49pm

Submit Quiz



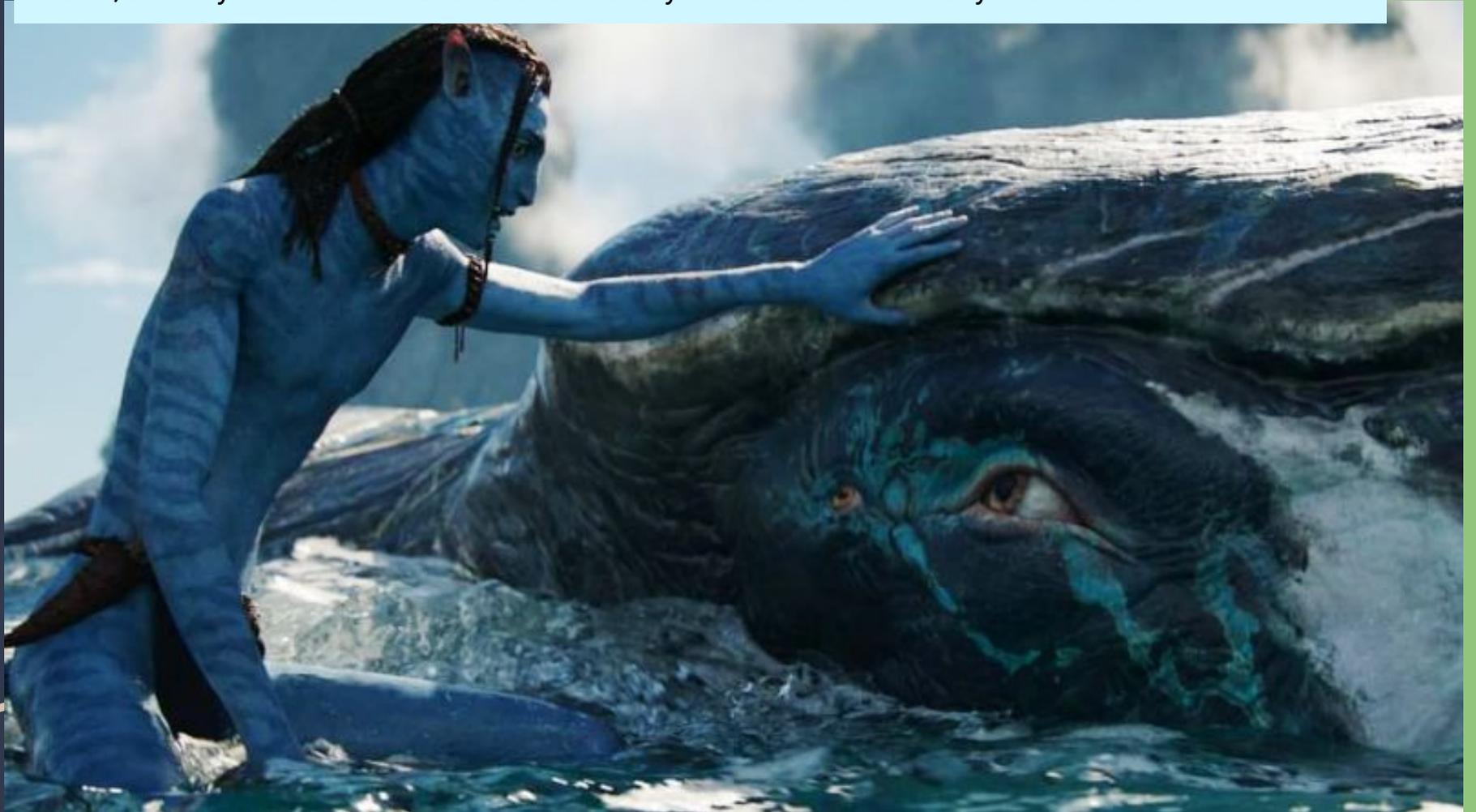
Play



1:14 / 1:21



Avatar, the way of water film shows both bravery and beautiful harmony with nature



Wk 15

Create Your Own Calm

To believe yourself brave, is to be brave. - Joan of Arc

What are 5 things you would do if you didn't feel afraid?

1. Today, I will imagine life beyond the barrier of fear.
2. I have just returned from a trip to Texas, having faced the new experience of my first airplane trip, and first solo trip. It was a big step towards independence. I had fun with my friends, and saw what life is like in big cities like Dallas and Austin, Texas.
3. I saw Avatar, the way of water movie. The characters in the movie are very brave, they face danger and ride dragons. It is also a very relaxing movie because the jungle and ocean worlds are very beautiful and magical. The people can communicate with animals and there is a wonderful feeling of harmony with nature.

Now close your eyes and believe you are brave, YOU ARE BRAVE!

How will you move toward each of these five things?

1. Today I will imagine myself on top of a mountain, with my life goals achieved. What are the steps to make my dreams come true?



I feel calm and happy with my friends

Wk 16

Create Your Own Calm

There must be lots of magic in the world... but people don't know what it is like or how to make it. Perhaps the beginning is just to say nice things are going to happen until you make them happen

Frances Hodgson Burnett - The Secret Garden

You are what you project!

One of the best remedies for anxiety is being in nature. Take a walk outside, being aware of everything around you.

Write down three things you see, feel, and hear

1. I see: the forest, trees swaying in the wind, the beach, waves rolling in
2. I feel: quiet, calm, grateful
3. I hear: the soft falling of the rain, the wind, the surf in the distance

Wk 17

Create Your Own Calm

We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop. - Mother Teresa

List five things that ONLY YOU offer to the world

This is a great meditation. Everyone is unique and special in their own way. The world wouldn't be the same without you. You have great potential. You can make someone else smile today.

Wk 18
Create
Your
Own
Calm

You can't be brave unless you're afraid.

A time I was afraid: I don't like heights very much

How I moved past my fear: I got on an airplane because I was motivated to go see my friends in Texas.

Wk 19

Create Your Own Calm



Compassionate curiosity

When you arise in the morning think on what a precious privilege it is to live- to breathe- to think - to enjoy- to love! - Marcus Aurelius

Breath in and out, focusing on the gratitude you feel for a new day.

What is a thought you are grateful for?
This is a wonderful day! This is going to be a great day!

What is a feeling you are grateful for?
Feeling that I'm home, because I have been homeless.
Feeling connected to my friends

What is something you feel grateful to have?
My dog

Who is someone you are grateful for?
My friends

Austin Horner

Austin Horner

Kelly Ellerman

View



REC

Live Transcription (Closed Captioning) has been enabled

Who can see this transcript?



Kelly Ellerman



12



Leave

SM

A fluffy, purring kitten, a relaxing thought. When my dog gets a treat, like some roast beef, she will do a happy dance, wiggle and squirm under couch pillows, and then roll upside down and belly up looking very cute like a happy puppy.

CH

yep

Trevor Morsman To Everyone

T

mines a purr machine and fluffier then a dandilien

Me To Everyone

AH

kitten poetry, nice

Trevor Morsman To Everyone

T

poetry

Who can see your messages? Recording On

To: Everyone

Type message here ...

- Growth Mindset
- Grit
- Flow
- Reframing stress as an okay thing
- Multitasking is a myth
- Mindfulness

I am going to put all of those terms in my notes because they are helpful ways to think about learning. I definitely have a growth mindset, I am always curious and open for learning. I apply grit, because I just keep going even when things get hard. Reframing stress and looking on the bright side of a situation is a good way to deal with the ups and downs of life.

https://orca.instructure.com/courses/6866/discussion_topics/57829/submit

This is a wonderful
day. I've never seen
this one before.

Maya Angelou



Kaleb Mele

Yesterday

"Belief in oneself is one the most important bricks in building any successful venture

↩ Reply



Justin Vegas

Yesterday

My favorite weekly quote is "Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow". The reason it's my favorite is because I use this as an everyday starting point and I have been doing that for most my life.

↩ Reply



Austin Horner

1:49am

My favorite quote was from Maya Angelou: "This is a wonderful day. I've never seen this one before!" This shows a great attitude about the adventure of life. It agrees with advice of David Rutherford, the Navy Seal we studied. He said, "Every day, look at yourself in the mirror, and say today is going to be a great day." That gives you positive energy to start your day.

↩ Reply



INDIVIDUAL SPORTS

- Increase self-reliance
- Improve self
- Develop new **skills**
- Gain **Confidence**
- Independence
- Flexibility
- Creativity
- Individual **success**
- Responsible**
- Self-motivation**
- No peer-pressure
- Meet others at same level
- Self-paced



HIGH SCHOOL SUCCESS - Career Survey. 2023-1-14

The career survey did provide helpful suggestions. The first category was hospitality and tourism. The first job offer I ever got was when I was 8 or so in Seaside, OR. I impressed the restaurant manager and he told me to come back when I was 16. I'm almost there! I like hanging out with friends and creating fun spaces. I have a friend, a former pro baseball player, that has opened a pizzeria in Portland. Maybe I could get some experience with him. My online friends are spread out all over the country. We have done a lot of travel planning for our reunions. We just had one in Texas. It was my first time on a plane. I enjoyed the travel experience, and businesses I enjoyed like the mall, ice rink, skating rink, golf, and rock climbing gym. I got some good ideas about those types of businesses.

The second category suggested was law enforcement and security. I enjoy working with a team. I might consider the military for something like space-force, where I could work with a team to remotely operate equipment in space, the Moon, and Mars.

The third category was marketing, sales, and service. I like chatting online and I'm very interested in video games and online assets. I could see myself in a business online. My friend does programming of virtual costumes and sets. I would be interested in sales, marketing, and support of video games and events.

I really am eager to get trained in trades such as welding and building. I have a friend who studied welding at Oregon Coast Community College and got all sorts of job offers, such as at the port. He is now a fabricator. He makes amazing things with his carpentry and welding skills, such as exotic cutting boards and boxes with glow

Wk 20

Create Your Own Calm

It isn't enough to talk about peace. One must believe in it. It isn't enough to believe in it. One must work at it.

Eleanor Roosevelt

Name the things that make you feel grounded and secure

A person: my friends

A place: home with my dogs, and talking to my friends on chat

A book: anime, cartoons

A Song: Christmas music

An activity: listening to music, curling up with dog, Watching cartoons from when I was a kid

Question 2

2 pts

When you are playing an individual sport, both your personal successes and disappointments can quickly build confidence and self-esteem along with coping skills and resilience.

True

False

Being a Friend

Here are some things others have said are important to them when they make a friend:

- Treat your friends the way you want to be treated.
- When your friend is talking to you, always pay attention.
- If your friend tells you a secret, keep it. Don't tell anyone.
- Always share things with your friend.
- Always tell your friend the truth.
- Always stick up for your friend.
- Take turns with your friend.

Boost class 2023-1-18

Who is your best or very close friend? Why are they? How did they get to that position in your life?

12 seconds of
positive
thinking per
day can rewire
your brain



ABCNews Live 1-26-2023.
Sciencetimes.com

**WORRIED
ABOUT
EVERYTHING
BECAUSE I
PRAY ABOUT
NOTHING**



**HOW TO LIVE WITH PEACE AND PURPOSE
INSTEAD OF STRESS AND BURNOUT**

CHAD VEACH

Philippians 4:6 Do not be anxious about anything, but in every situation, by prayer and petition, with **thanksgiving**, present your requests to God.

Things that help with anxiety

LOVE

THANKFULNESS

CONNECTEDNESS

ACCEPTANCE

FASCINATION

HUMOR

Wk 21

Create

Your

Own

Calm

The strongest principle of growth lies on human choice - George Eliot - Daniel Deronda (Free Will)

Identify three habits you have that increase your anxiety/behaviors

I just heard author being interviewed on ABC news say that “people who pray about nothing worry about everything” Whether you are religious or not, perhaps prayer or believing in yourself can reduce your anxiety. Looking it up, this is a scripture in the Bible: Philippians 4:6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. So being prayerful or meditative and grateful is a good emotion to replace anxiety.

Which ones can you work on changing?

GUMBY

ADVENTURES



Semper Gumby!

This is the motto we learned in Mr. Damewood's BOOST class in 2022. To me it means that to get over the challenges of life, you should be flexible and always bounce back like Gumby. The thought of a character stretching in silly ways makes me smile.

Benefits of Empathic Listening



Empathic listening builds trust



Empathic listening boosts employee well-being



Empathic listening improves problem-solving



Empathic listening increases productivity



Empathic listening helps you make better decisions



Empathic listening improves customer service



Empathic listening increases team coherence



Empathic listening can defuse a conflict situation

Listening Skills

Recieve the information

Appreciate the person

Summarize what they said

Ask a follow up question

Wk 22

Create

Your

Own

Calm

Everything is a story. You are a story. I am a story.

- **Frances Hodgson Burnett - A Little Princess**

What story do you immediately tell yourself when you begin to feel anger or anxious?

It is true that life is a story. Some stories are sad. Some are disasters.

What story can you tell yourself instead?

If I start to get anxious, I will think of a story in which, despite big challenges, people worked together, changed for the better, and everything turned out OK. It also helps to think of funny stories, because that helps you laugh and get over sadness, and anxiety.

Wk 23

Create Your Own Calm

A journey of a thousand miles begins with a single step - Lao Tzu

That is a great thought...just take the first step and you will be on the way to your goal.

Think of something that makes you feel anxious

Close your fists tightly and feel the tension. Open and release them slowly. Repeat this step 10 times.

I don't think I would try this technique. If someone saw me clenching and unclenching my fists, they might think I was angry and getting ready to fight! I will remember to try whole body tensing and release for a relaxation exercise.

Wk 24
Create
Your
Own
Calm

Beauty is not in the face; beauty is a light in the heart.

- Khalil Gibran

What are three things that give your life meaning?

1. Friends and gaming
2. Family
3. Dog

Wk 25
Create
Your
Own
Calm

You are your best thing -

Toni Morrison - Beloved

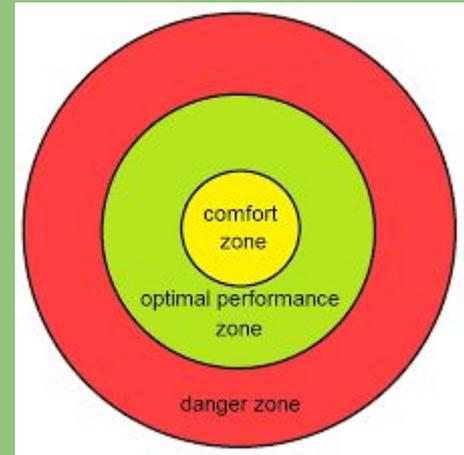
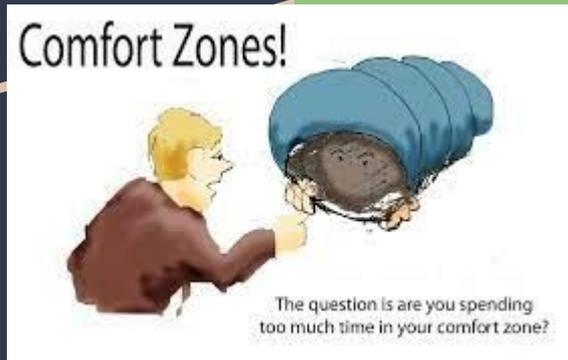
Imagine yourself in you ideal futrue

1. Describe how you feel in this future:
2. What are the thoughts you have:
3. How do you spend your time:
4. What is the lesson you live by:

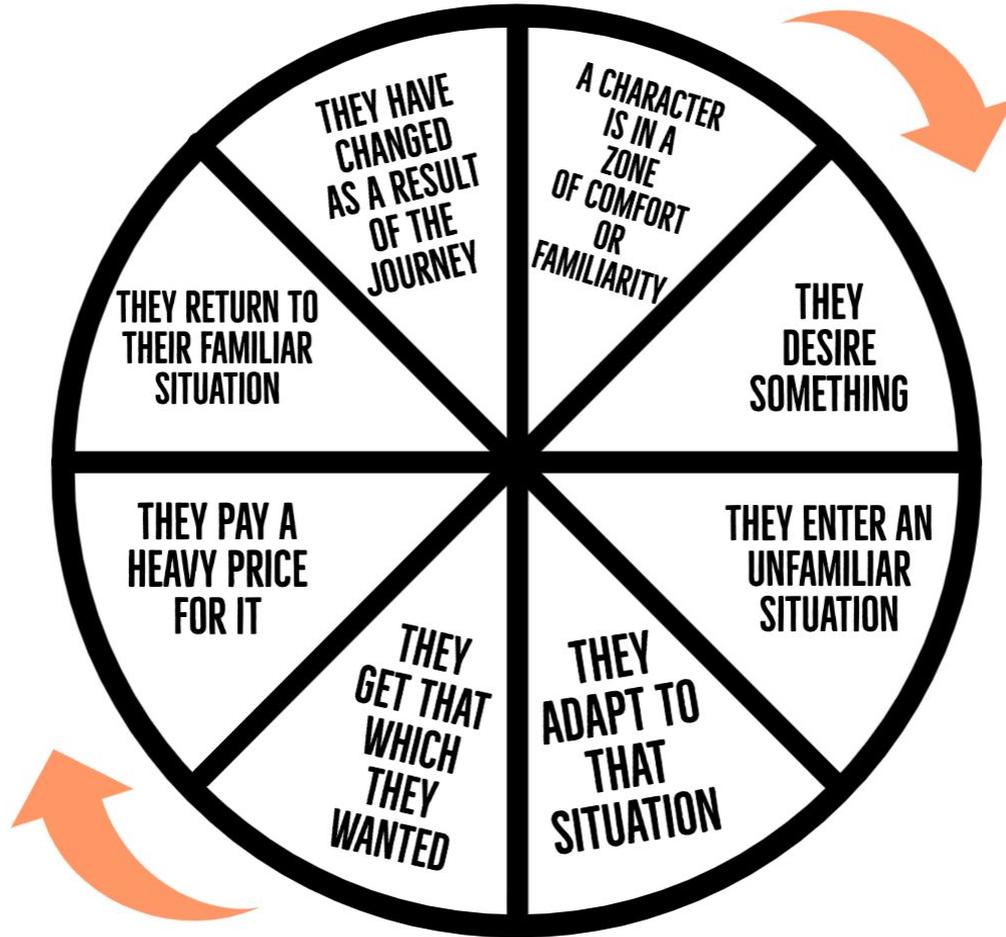
Imagine your comfort zone

BOOST class. Ms Ellerman. 2023-2-8

May have to leave comfort zone in order to achieve your dreams



DAN HARMON'S "STORY CIRCLE"



GROW
YOUR
WILLPOWER

First time starts
the habit
Second time get
better
Third time
comfortable doing
it

You vs You
You + You
Conquer the little
voice in your head,
the critic.

Class 2023-2-8

2-8

Where there is no
enemy within, no
enemy outside will
be able to harm
you - African
proverb

Kick the door down
of the comfort
zone

formance

one

Wk 26

Create

Your

Own

Calm

When one door of happiness closes, another opens;
but often we look so long at the closed door that we
do not see the one that has been for us.

Helen Keller - We Bereaved

List something you've lost (a job, a relationship, a loved one, a project) in the last year

What are two positive things that came from this experience?

1. When you lose, you can practice resilience. You may have to develop new skills and grow as a person.
2. You can develop deeper relationships with your friends that support you through the hard times.

Wk 27

Create Your Own Calm

Nothing in life is to be feared, it is only to be understood.

- Marie Curie

What is a source of stress in each of the following?

My health: will I not sick when I need to travel or do something?

My creativity: Will my work be good enough?

My family: Can I get along with my family?

My friends: Will my friends keep being me friends?

At work/school: How can I do all this work?

On social media: What will people say about me?

How can you eliminate some of these stressors?

For my health, I can: relax and exercise

For my Creativity, I can: remember to enjoy making things

With my family, I can: love my family

With my friends, I can: love my friends and communicate

At work/school, I can? Keep working and ask for help

With social media, I can? Work on positive relationships

Wk 28

Create

Your

Own

Calm

I once asked a bird, “How is it that you fly in this gravity of darkness?” She responded, “Love lifts me”

“Hafiz”

What is the most recent thing someone else did to lift your spirits?

My half-sister found me invited me to come visit her in Texas.

What is the most recent thing you did to lift someone else’s spirits?

I told them that what they thought really mattered to me and I might have to change.



My dog
Mijji shows
everybody
how to
relax

SHARE. Forgive
yourself
Be kind to yourself
It is for your own
soul. Class
3-15-23

Wk 29 Create Your Own Calm

One must first have chaos in oneself to be able to give birth to a dancing star - Friedrich Nietzsche

Write down three things that make you feel nervous



If anything makes me nervous:

I will focus on the positive possibilities

of the situation.

Wk 30

Create Your Own Calm

Think about a time when you felt good about yourself. What did it look like, smell like, feel like.

Find ways to create a positive attitude.

Ms. Ellerman. Class 2023-4-5

Everything has beauty, but not everyone can see - Confucius

AFFIRMATION: Find something beautiful. The rain on the leaves from a walk yesterday. The joy of laughing with friends on spring break. The beauty of making a mistake but finding something cool to make from your mistake.

Yesterday:

Today:

A time you felt anxious:

A time you felt joyful:

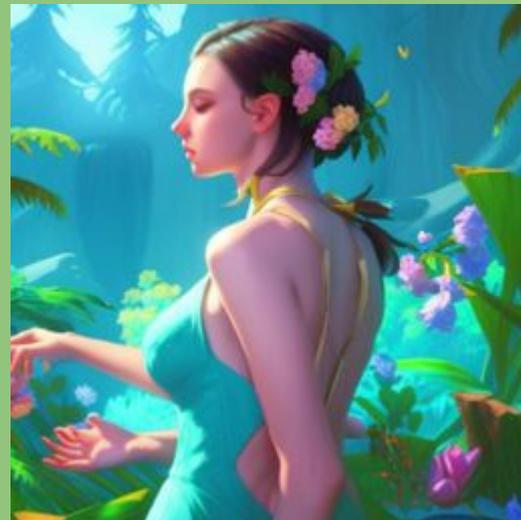
Last year:

Next year:

A new Opportunity:

A mistake:

A rainy day:



Wk 31

Create Your Own Calm

Feeling calm
Riding the dragon of
Life adventure
Through beautiful forests
And mountains
Finding treasure

“Dear old world,” she murmured, “you are very lovely and I am glad to be alive in you.”

- L.M. Montgomery - Anne of Green Gable

What sights and sounds make you feel most calm?
List at least 5 <https://hotpot.ai/art-generator>



Wk 32
Create
Your
Own
Calm

THERE IS HOPE

I AM ENOUGH

I Exist As I Am, That Is Enough. - Walt Whitman

Instead of telling yourself you should be somewhere else, identify why where you are is enough.

Family

I should feel:

Instead I feel:

What this is telling me:

Spirit

I should think:

Instead I think:

What this is telling me:

Love

I should feel:

Instead I feel:

What this is telling me:



Caddie bows in respect to the course after golfer wins the Master's tournament.



Play



0:14 / 0:24



Wk 33
Create
Your
Own
Calm

All the variety, all the charm, all the beauty of life is made up of LIGHT and SHADOW.

- Leo Tolstoy (Anna Karenina)

Choose three things you wish you could change about your life. What is the light and dark of each one?

1. The light: I have enough
The dark: I am not a millionaire yet
2. The light: I have friends
The dark: I live far from my friends, but we get to visit
3. The light: I will join a gym and reach out to find things and friends in my neighborhood
The dark: Because of COVID it is harder to get to know new people

Wk 34
Create
Your
Own
Calm

Forever is composed of nows. - Emily Dickinson

List five things in your life that put you at ease.

1. My dog
2. My friends
3. My music
4. My home
5. The beach



Wk 35

Create

Your

Own

Calm

List five things you do daily:

1. Play video games with friends
2. eat
3. sleep
4. school
5. Work out

I'm visiting Texas. Just met my dad, brothers, sisters, and extended family for the first time. Means a lot. Having a blast. Passed 1st drivers test.

How we spend our days is, of course, how we spend our lives. **Annie Dillard - The Writing Life**

List five things you wish you did daily:

1. Ride a motorcycle
2. Drive a Dodge
3. Fly my airplane
4. Have even more fun with my friends
5. Laugh



What are we covering today?

- Non-verbal Communication Continued

- I will understand body posture
- I will be able to identify and understand the interpretation of body language
- I will be able to recognize emotions
- I will be able to know how I look and portray myself

Posture, show that you are engaged and listening respectfully. Facial expression. Body language. Have appropriate voice volume. 93% of communication is body language. Grooming, clothing.

Wk 36

Create

Your

Own

Calm

I am no bird; and no net ensnares me: I am a free human being with an independent will.

-Charlotte Bronte- Jane Eyre

Write a letter to your past self, identifying the ways you've grown and moved through obstacles, fears, and anxieties. Include why you are proud of yourself for choosing to keep going forward.

Dear Self,

Look at you!

You have grown!

You have moved through obstacles!

You have blasted through fears!

You have conquered your anxieties!

You keep moving forward.

I am so proud of you!

Sourced from→

Create your own calm

A journal for quieting anxiety

By Meera Lee Patel