



MY BLUE SPACE IN THE MIDST OF CHAOS

I can't always control the storm, but I can create my blue space inside of it. ❤️

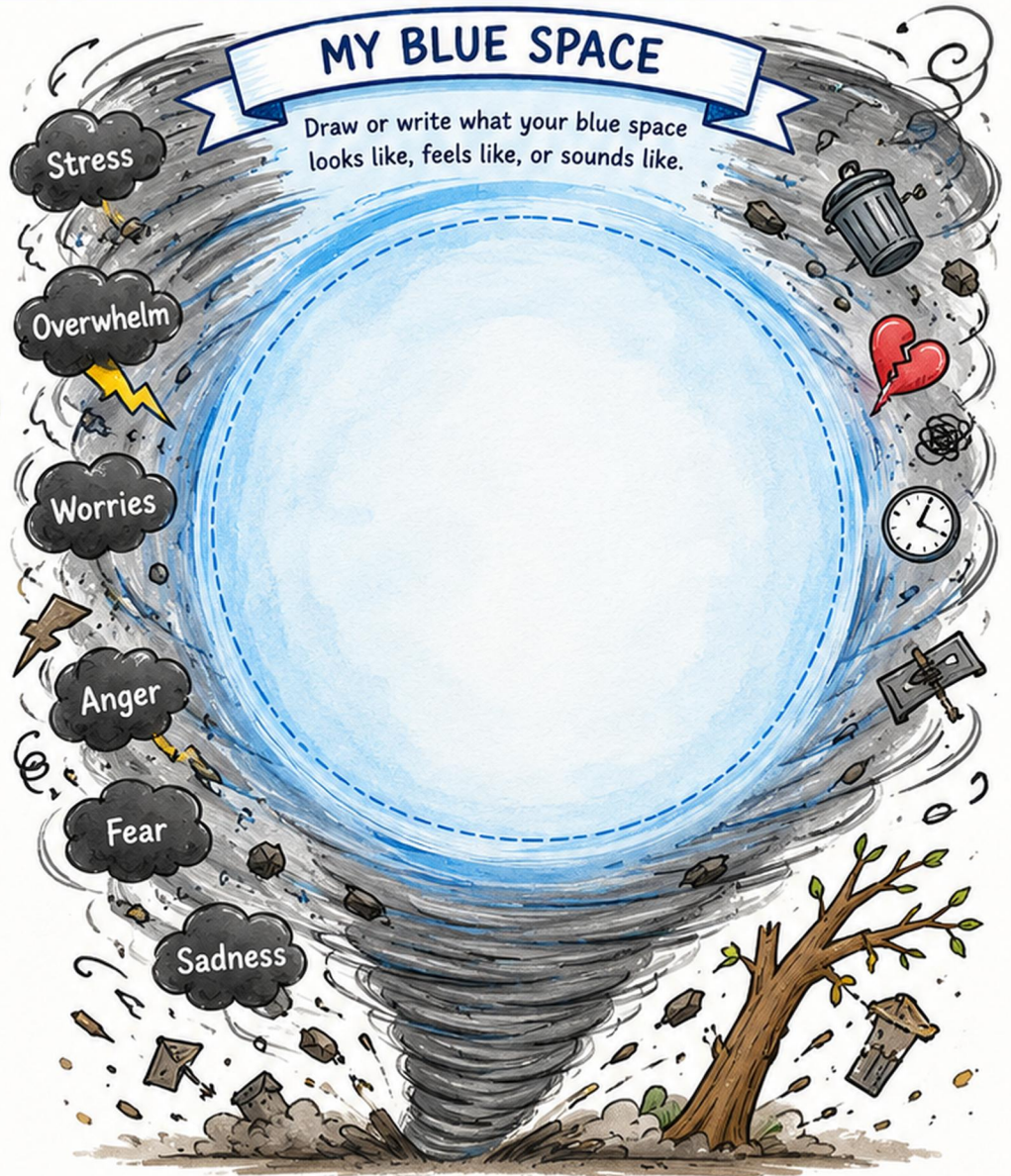
WHAT IS BLUE SPACE?
Blue Space is the calm, safe place inside of you that can stay steady even when everything around you feels like chaos. ❤️

THINK ABOUT IT...

 What does the chaos feel like for you?

 What are some things that make the chaos worse or harder to handle?

 What helps you find a little calm in the storm?



MY BLUE SPACE ANCHORS 
What are 3 things that help you stay connected to your blue space?
1 _____
2 _____
3 _____

REMEMBER 
The storm will come.
The chaos may be loud.
But your blue space is always with you.


MY PROMISE TO MYSELF 
One way I can take care of my blue space this week is...



❤️ I am strong. I am safe. I can find my calm, even in the chaos. ❤️