

The Calm Mind Collective

FREE MINI-JOURNAL

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HERE MIND

You don't need to
have all the answers to
start healing—you just
need to be
open to the process.



hi, I'm Anaita Veigas Nikhil

I've been helping people manage their thoughts, emotions, and actions and live to their potential for more than 7 years.

I know mental health is yet a hush-hush topic, and reaching out till there is no other way and sometimes never has been a *norm*, but I'm here to help gradually *challenge* that.

I believe you don't have to *hit rock bottom* – go through many *heartbreaks* – or cope in a manner that backfires – to get that science-backed + neutral + safe + compassionate space to begin your journey of inner work.

heremind.org | pocket therapy

This is a quiet space just for you.

You don't have to write perfectly or use big words.

The goal is to gently understand what is happening inside your mind and body and to find one small, safe step forward.

Before you begin...

Reflecting can sometimes bring up big feelings. Try this short settling practice to help your body feel safe before you write:

- Look slowly around the room and name 5 things you can see.
- Relax your jaw and let your shoulders drop.
- Place one hand gently on your chest or your belly.
- Take a soft breath in, and let your breath out a little bit slower. Do this 5 times.

I. What happened?

Try to write down just the facts. Write about what a video camera would have seen in the room. This helps separate the real event from the scary story our mind sometimes makes up.

Ideas to start: "The situation was..." or "What actually happened was..."

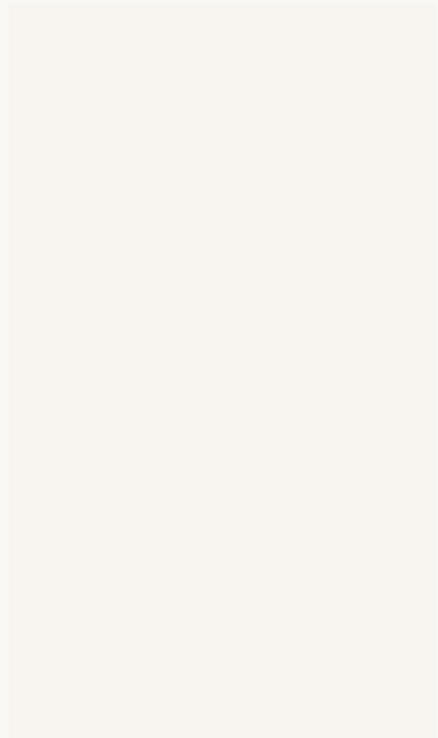
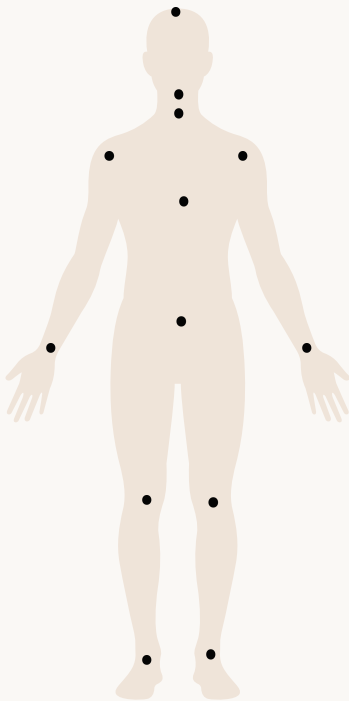
Example: "My friend read my message and did not reply all day."

2. What did I feel in my body?

Before we try to name the feeling (like "sad" or "mad"), notice your physical body. Big emotions often show up as tightness, heaviness, or heat.

Ideas to start: "In my body, I noticed..." or "My chest felt..."

Example: "My chest felt very tight and my stomach dropped."



3. What story did I tell myself?

Our minds are quick to make up stories, especially when we feel stressed, scared, or rejected. A story is not a lie; it is just our brain trying to protect us. What did your mind decide this event meant?

Ideas to start: "The story I started believing was..." or "My mind made this mean..."

Example: "I told myself I had done something wrong and they were disappointed in me."

4. What do I need?

Every big feeling has a need underneath it. Fear might need safety. Sadness might need comfort. Anger might need a boundary. Try not to judge yourself here.

Ideas to start: "Right now, I really need..." or "What would help most is..."

Example: "I need some rest, and I need to stop pressuring myself."

5. What is one wise next step?

We are not trying to fix everything right now. We are just looking for one small, realistic thing you can do to take care of yourself today.

Ideas to start: "The next kind thing I can do is..." or "Before I make a decision, I will..."

Example: "I will wait until tomorrow before sending a text. I will drink some water and step outside."

A Real-Life Example

Here is how someone might fill this out when a text message makes them panic.

1. **What happened?** "They replied with only 'Okay' after I shared something important."
2. **What did I feel in my body?** "My chest tightened, my stomach dropped, and my hands felt cold."
3. **What story did I tell myself?** "I told myself they were upset with me and that I was being 'too much'."
4. **What do I need?** "I need some reassurance, and a pause before I react."
5. **What is one wise next step?** "I will not send another message right now. I will take a few deep breaths and revisit this later."

A quick tool for your pocket

If you ever feel overwhelmed and don't have time to write, remember this 2-minute practice:

- Orient: Look slowly around the room and notice 5 neutral things (like a chair, a plant, or a shadow).
- Anchor: Press both of your feet firmly into the floor.
- Exhale: Place your hand on your chest, and make your exhale a little bit longer than your inhale.

Gentle Note: This journal is a quiet space for reflection. It is not a substitute for therapy or medical care. If writing brings up feelings that are too big or scary, please pause and reach out to a trusted professional or local support line.



If this journal helped, but you feel you need a professional to look at your internal landscape with you, you can check how we can work together.

Pocket therapy with Anaita

Starting at INR 7000 / 4 sessions

Join my WhatsApp community to stay updated for the launch of *"Thoughts - Emotions - Actions: The Calm Collective" Guided Journal*

Also by Anaita: Explore Here Mind — our wellness shop.
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The mind can learn
new paths,
and the heart can learn
new trust.

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