

THE 5 Minute Calm Kit



*Quick Relief Techniques for Anxiety,
Overwhelm and Stress*

BY BURNT ORCHID ORGANICS



Welcome to Your Calm Kit

Life can feel overwhelming, especially when anxiety strikes or your mind feels scattered.

This kit contains 5 proven techniques that work in just 5 minutes or less- no special equipment needed, just you and a few simple tools that can transform your day.

Each technique is designed to work with your nervous system, not against it

 **"You have power over your mind - not outside events. Realize this, and you will find strength." - Marcus Aurelius**

About Me



I'm Annette, founder and formulator of Burnt Orchid Organics—a botanical sanctuary where scent becomes ritual, and every product is crafted to soothe the nervous system and stir the soul. As a neurodivergent creator, I design fragrances, ritual guides, and sensory kits that honour emotional regulation, poetic storytelling, and inclusive design.

Each blend I create is rooted in botanical alchemy and emotional resonance, woven with intention and regulatory care. From IFRA-compliant scent profiles to printable burnout recovery planners, my work bridges the mystical and the meticulous. I believe in gentle rebellion, in crafting spaces where sensitivity is strength, and in transforming everyday moments into rituals of restoration.

Burnt Orchid isn't just a brand—it's a living archive of resilience, rebellion, and sensory grace.

Annette



Contents

The 5-4-3-2-1 Grounding Method 05

When anxiety peaks or you feel disconnected, this sensory technique brings you back to the present moment

The Box Breathing Reset 07

Perfect for the ADHD minds that need structure, or when anxiety makes breathing feel difficult.

The Scent Anchor 08

Your sense of smell connects directly to your brain's emotional centre. Create instant calm associations.

The Temperature Shift 10

Sometimes anxiety makes us feel "stuck"- a temperature change can rest your nervous system

The Mindful Mini -Massage 13

Gentle self - touch releases tension and creates comfort-especially helpful for sensory-seeking minds.

Further Information 15

01

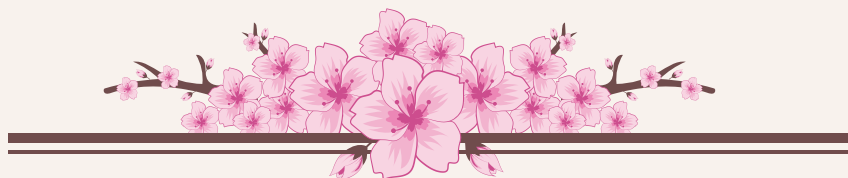
The 5-4-3-2-1 Grounding Method

Time : 2-3 Minutes

When anxiety peaks or you feel disconnected, this sensory technique brings you back to the present moment.

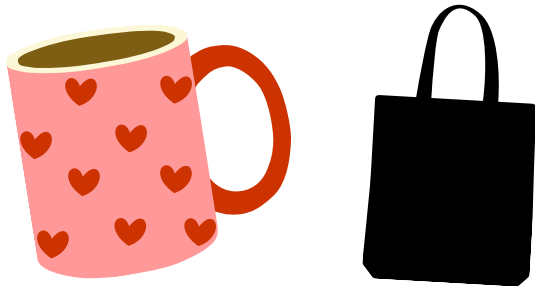
What to do:

- **5 things you can SEE**
- **4 things you can TOUCH**
- **3 things you can HEAR**
- **2 things you can SMELL**
- **1 thing you can TASTE**

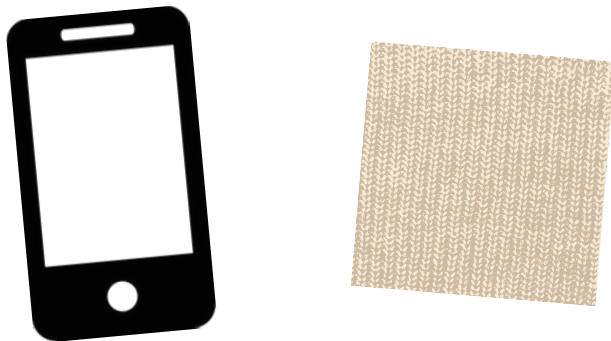


WHAT TO DO:

See: Look around and name them (Pink mug with hearts, Black Tote Bag etc)



Touch: Feel different textures (Smooth phone, rough fabric etc.)



Hear: Notice
sounds
around you



Smell: Take gentle sniffs



Taste: Notice what's in
your mouth, sip water



Pro tip: Keep a calming room spray nearby for the “smell step”- Lavender or chamomile work beautifully

02

The Box Breathing Reset

Time: 3-4 minutes

The Pattern

- Breathe IN for 4 counts
- HOLD for 4 counts
- Breathe OUT for 4 counts
- HOLD empty for 4 counts
- Repeat 6-8 times.

Make it work for you

- Count slower if 4 feels rushed
- Use 3 counts if 4 feels too long
- Picture drawing a box in your mind as you breathe
- Place one hand on chest, one on belly-feel the calm rhythm

Perfect for ADHD minds that need structure, or when anxiety makes breathing feel difficult

03

The Scent Anchor

“

Your sense of smell connects directly to your brain's emotional centre. Create instant calm associations.

Time : 1-2 minutes

How to build your anchor

1. Choose ONE scent that feels calming to you (Lavender, Vanilla etc)
2. When you are already feeling calm, smell this scent for 30 seconds
3. Repeat this 3-4 times over a few days
4. Now when anxiety hits, smell your anchor scent and your brain recalls the calm feeling

Quick Options

Natural room spray (2 spritz in the air)

Essential Oil on a tissue

Scented Pillow Spray on a Hanker-chief

Fresh Herbs from your kitchen (Mint, Rosemary)

04

The Temperature Shift

“

🌿 “You don’t have to fix everything today. Surviving today is enough.” —Balmy Quotes



Time : 1-2 Minutes

Sometimes anxiety makes us feel “stuck”
- a temperature change can reset your nervous system quickly

Choose What Feels Right

Hold ice cubes in your palms for 30 seconds.

Run cold water over your wrists.
Step outside for fresh air on your face.

Hold a warm mug between your hands.

Use a cool, damp cloth on your forehead

“



*“If all you did today was hold on,
that is enough. That is everything.” —*

Balmy Quotes



05

The Mindful Mini-Massage

“

🌿 “Let today be soft. Let it be slow. Let it be enough.” —Balmy Quotes

Time 2-3 Minutes

Gentle self touch releases tension and creates comfort—especially helpful for sensory-seeking minds.



Hands

Rub palms together, then massage each finger

Temples

Gentle circular motions with fingertips.

Shoulders

Roll them back 5 times, squeeze gently.

Feet

Press thumbs into your arches

Add Aromatherapy

Use a drop of diluted essential oil on your palms.

When to Use Your Calm Kit

Perfect moments for these techniques



- Before important meetings or calls
- When feeling overwhelmed by tasks
- After difficult conversations
- During sensory overload
- Before sleep when your mind is racing
- When anxiety symptoms start building
- During treatment or medical appointments
- Anytime you need to “reset” your energy

🌙 *“You’re not broken—you’re tired. And that’s a very human thing to be.” —Balmy Quotes*

Creating Your Calm Environment

Your physical space can support these techniques



Essential Items to Keep Nearby

**A calming room spray for instant scent
anchoring**

**A soft texture (blanket, stress ball, fidget
item)**

A water bottle for temperature shifts

A small pillow with calming pillow spray

PRO TIP : Create a “calm corner” in your home- even if it’s just a comfortable chair with these items within reach.

Making It Stick

Your 7 - Day Challenge

Week 1 : Goal : Try one technique each day



- **Day 1: 5-4-3-2-1 Grounding**
- **Day 2 : Box Breathing**
- **Day 3: Scent Anchor**
- **Day 4: Temperature Shift**
- **Day 5: Mini -Massage**
- **Day 6: Your favourite from the week**
- **Day 7: Combine two techniques.**

PRO TIP : Track what works: Notice which techniques feel most natural for you. There's no “right “ way- only what works for YOUR mind and body.

<https://patreon.com/cw/burntorchidorganics>

Remember: You've Got This

**Calm isn't about being perfect or
never feeling anxious.**

**It's about having tools that work when you need
them most.**

**These techniques aren't magic- they're science-
backed methods that work with your nervous
system to create genuine relief.**

Be patient with yourself as you practice.

Your calm matters: You deserve to feel at peace

**Want more support?
Turn the page !**

<https://patreon.com/cw/burntorchidorganics>

Remember: You've Got This

If this kit helped you , you're not alone in wanting more tools for your wellbeing journey.

Many people in our community find that combining these techniques with natural aromatherapy products creates an even stronger foundation for daily calm

Ready to take your wellbeing journey further?

Join our community for tips, member support, and exclusive access to natural products designed specifically for sensitive minds.

THIS KIT WAS CREATED WITH LOVE FOR THE NEURODIVERGENT COMMUNITY, ANXIETY WARRIORS, AND ANYONE SEEKING GENTLE, EFFECTIVE CALM IN THEIR DAILY LIVES.

<https://patreon.com/cw/burntorchidorganics>