

# The CALMER framework

Please use the space below to make notes as you work through the framework. You may find you add to it over a period of time as you reflect on each section.

C

## Consider

the safety needs of yourself and others

A

## Acknowledge

the situation and how you and others are feeling

L

## Listen

to how you're feeling physically and mentally

M

## Manage

the situation as it changes

E

## Enable

what has enabled you to cope with challenges in the past?

R

## Resource

what do you need to put steps in place?



BritishRedCross

150  
years

The power  
of kindness