



Hi, I'm Nicole!

When I was a junior in high school I experienced my first panic attack. Meeting with my high school guidance counselor changed everything. She listened, supported me, and helped me feel less alone. She is my hero.

In May 2025, I graduated from The Catholic University of America with my bachelor degree in Psychology, and I am currently pursuing my masters degree through Marquette University in Mental Health Counseling.

I created C.A.L.M. to help students understand their feelings and to make sure no child ever feels alone the way I once did.

If your feelings feel too big, it's okay to ask for help.

People who can help you:

- *A parent or caregiver*
- *A teacher or school counselor*

Help for families and caregivers:

- *Louisa County Community Service Board (CSB)*
- *Local doctors and counselors*

If you feel scared or unsafe:

- *988 Suicide & Crisis Lifeline
Call or text 988 (24/7)*

You Are Not Alone

Big Feelings Are Okay

*Helping kids
understand emotions*



What Are Feelings?

- Everyone has feelings
- Feelings change
- All feelings are okay
- Feelings are messages from our body and brain

There are no “bad” feelings :)



When feelings feel big

You might experience:

- A fast heartbeat
- A tummy ache
- Feeling nervous or scared
- Wanting to cry or hide

Big feelings happen to everyone - even grown-ups!

C.A.L.M.

Tools for Kids

C- Challenge

Ask: “Is this thought helping me?”

A- Accept

It’s okay to feel this way.

L- Listen

What is my body telling me?

M- Manage

Counting to 10 or talk to a trusted adult.