



**FAVORITE COLOR:** GREEN

**FAVORITE FOOD:** SUSHI

**WHAT I'M LIKE:** RELAXED,  
EASY-GOING, READY TO HELP

**THINGS I LIKE TO DO:** YOGA,  
WATCHING SUNSETS,  
LONG WALKS

## I'm Calm.

Calm is feeling at peace now that she is in the DBSA Mood Crew! Calm has been working on deep belly breaths and is ready to share how good that feels with the other Mood Crew friends. Calm is always there to lend a shoulder to her friends. Calm would like to thank her therapist, Serene, for recommending her to be in the DBSA Mood Crew.



Depression and Bipolar  
Support Alliance

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