

Calming Strategies

Relaxation,
Emotional
Regulation,
Mindfulness,
Breathing.



Calming Strategies



Unfortunately there is nothing you can do to instantly end anxiety. But the good news is that there are tools that can greatly reduce the intensity of your anxiety.

The next section contains "chill pill" tools and exercises that serve three main purposes:

- 1) Relax the body and reduce unpleasant physical sensations.
- 2) Shift attention (with mindfulness exercises) by focusing on the present moment. This helps you get unstuck from worrisome thoughts.
- 3) Create self-soothing strategies.

**WHAT WE LEARN
BECOMES A PART OF
WHO WE ARE**



Things I can do when I need to CALM DOWN



Name my feelings



Deep breathing



Write a letter



Imagine a quiet place



Child pose



Drink water



Warm bath



Run



5-4-3-2-1
grounding
technique



Hug



Paint



Blow bubbles



Smell my
favorite scent



Squeeze
something



Listen to
music

100

99

98

Count
backwards



Explore nature



Press and
release palms
together



Watch fish



Noise
cancelling
headphones



Play with
a pet



Hug a toy



Wrap up in a
blanket



Count
heartbeats