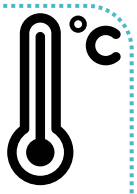
WAYS TO CALM YOURSELF DOWN QUICKLY

ALUMINA

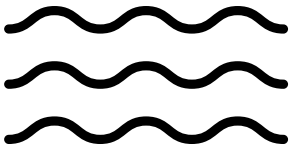
A PAGE OF INSTANT WAYS YOU CALM YOURSELF DOWN

If we are struggling to **REGULATE** our emotions and need to calm ourselves down we can **QUICKLY ACTIVATE** the Parasympathetic Nervous System.
The main thing we need do is quickly change something in our bodies physical experience - such as:

LOWER THE TEMPERATURE



Splash cold water on to your face, take a cold shower, hold an ice cube or hold your hand under the cold water tap for 10 seconds. The cold water shocks our system and resets it so that we can feel calmer in that moment



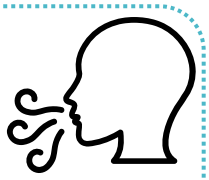
INCREASE THE MOVEMENT



Intense exercise or movement that gets our heart rate pumping and releases adrenaline can quickly release a positive feeling – helping to balance us or potentially taking us away from the situation temporarily.

You could have a go at this low impact workout for stress and anxiety

SLOW THE BREATHING



Slowing the breathing like we did at the start – with Box Breathing or 4-7-8 Breathing or something similar can help us regulate our feelings and physical sensations, such as blood pressure and heart rate.

Try box breathing here

Try 4-7-8 breathing here

RELAX THE MUSCLES



Slowly tensing muscles as we breathe in and, relaxing them as we breathe out. Work up the body through different body parts.
From toes, to feet, to legs, to stomach, to shoulders, to arms.

60 sec muscle relaxation video