

These activities turn off the part of your brain that feels stress, worry, & fear...

Mindfulness / Grounding

- ☐ Notice your breathing
- ☐ Notice your body
- ☐ Tense and release muscles
- ☐ Notice things you see
- ☐ Notice things you hear
- ☐ Engage other senses- touch, smell, taste



Work your body

- ☐ Walking
- ☐ Exercise
- ☐ Push or lean on a wall
- ☐ Heavy lifting
- ☐ Massage

Activities that cause vibrations in your throat and belly (vagus nerve)

- ☐ Deep Breathing
- ☐ Humming
- ☐ Singing
- ☐ Drinking Water
- ☐ Sighing

Soothing activities

- ☐ Long hug or snuggle someone you love
- ☐ Play
- ☐ Imagine you are somewhere peaceful
- ☐ Revisit a good memory
- ☐ Listen to music
- ☐ Laugh