



In-the-Moment Support for Calming Your Physiology

When your body goes into *fight or flight* mode, it's reacting to perceived danger—real or imagined. These quick tools can help calm your nervous system and bring you back to a sense of safety.

1. Breathe Deeply

Take a slow inhale through your nose for 4 seconds, hold for 4, exhale through your mouth for 6. Repeat for 1–2 minutes.

Why it works: Signals to your body that you're safe.

2. Name What You Sense

Look around and name 1 thing you can see, 1 you can touch, 1 you hear, 1 you smell, 1 you taste.

Why it works: Grounds you in the present moment using your senses.

3. Shake It Out

Shake your hands, arms, legs, or whole body for 30 seconds.

Why it works: Discharges stress and relaxes your system.

4. Feel Your Feet on the Floor

Press your feet firmly into the ground. Feel the surface beneath you.

Why it works: Reconnects you to the here and now.

5. Hum or Sing

Try humming, singing, or even gently chanting.

Why it works: Activates the vagus nerve, calming your system.

6. Hold Something Cold

Hold an ice cube, splash cold water on your face, or grip a cold drink.

Why it works: Shifts your brain's focus and lowers adrenaline.

7. Place a Hand on Your Heart

Or hug yourself gently.

Why it works: Releases oxytocin and creates a feeling of safety.



8. Stretch or Do Gentle Movement

Roll your shoulders, stretch your neck, or do a gentle twist.

Why it works: Helps release built-up tension in the body.

9. Repeat a Calming Phrase

Say something like “I am safe” or “This feeling will pass.”

Why it works: Reframes your thoughts and supports regulation.

10. Slow Your Exhale

Make your exhale longer than your inhale (e.g., inhale 4, exhale 6).

Why it works: Slows heart rate and soothes your nervous system.

Pro Tip:

Practicing OUTSIDE of difficult moments increases your capacity IN the moment. Try practicing these outside of stressful moments. You don’t need to do all 10. Pick 1–3 that work best for you.