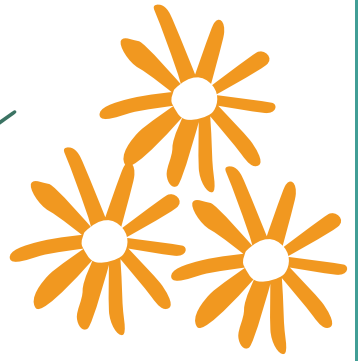


# Calming Strategies



## Deep Breathing

### Instructions:

- Sit in a comfortable position and close your eyes.
- Take a slow, deep breath in through your nose, counting to four.
  - Hold your breath for a count of four.
- Exhale slowly through your mouth for a count of four.
  - Repeat for 1–2 minutes.

**Reflection:** How did you feel before and after practicing deep breathing?

## Progressive Muscle Relaxation

### Instructions:

- Sit or lie down in a comfortable position.
- Start by tensing the muscles in your toes, hold for five seconds, then release.
  - Move upwards through your body (legs, abdomen, arms, shoulders, neck), tensing and releasing each muscle group.
  - Focus on the feeling of relaxation as you release tension.

**Reflection:** Did you notice any areas of tension? How did this exercise affect your body and mind?





## Grounding Techniques

### Instructions:

- Use the 5-4-3-2-1 technique:
  - Identify 5 things you can see.
  - Identify 4 things you can touch.
  - Identify 3 things you can hear.
  - Identify 2 things you can smell.
  - Identify 1 thing you can taste.
- Take slow, deep breaths as you go through each step.

**Reflection:** How did this exercise shift your awareness of the present moment?

## Visualization

### Instructions:

- Close your eyes and take a deep breath.
- Imagine a peaceful place, such as a beach, forest, or meadow.
  - Engage your senses: What do you see, hear, and feel?
- Stay in this mental space for a few minutes, breathing deeply.

**Reflection:** How did visualization impact your mood and stress levels?



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## Self-Soothing with Positive Affirmations

### Instructions:

- Choose a few calming affirmations, such as:
  - “I am safe in this moment.”
  - “I am calm and in control.”
  - “I can handle whatever comes my way.”
- Repeat these affirmations slowly and meaningfully to yourself.

**Reflection:** Did repeating affirmations help you feel more relaxed? Which affirmations resonated most with you?