Creating Calm

Simple techniques to stimulate the Parasympathetic Nervous System

Breath

Long gentle, easy breaths out where your out breath is 2x as long as your in breath

Being Mindful

Listen See Feel Notice Nonjudgementally



Music

Listen to music at 432Hz (soothes heart) or 528Hz (ANS)

Cuddle a Pet

Snuggle

Wrap yourself in a blanket, cuddle a wheat bag or hot water bottle

Ice Face



water or ice on your face below your eyes

Cold **Shower**



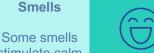
Take a cold shower

Rocking



chair or just as you are

Use of



stimulate calm try lavender, lemon, jasmine, peppermint



Havening Touch

Gentle soothing touch at the perfect pressure and speed for you.



Upper arms



Face



Nature



Get out in nature – bare footed

Pray



Take time to pray, alone or

th others

Healing Shower

Use your imagination to let the water wash away tension, negativity, stress and...



then let the fresh water fill you with love, peace, calm, joy.



Hands

Gratitude

Each day

write down 3

things you are

grateful for

and why

Sing or Chant



Self Talk Oxytocin



Hug someone you love



Get Physical



Do some safe gentle exercise

Massage

massage or stoke yourself in a way that feels delicious

Connect

with others

Spend time

with friends

Sleep

Get a



quality sleep and rest

Meditation

Try using a mantra as you focus on your breath e.g. "I am radiantly healthy and

loved"



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Gut Health



quality real food