



Creating Calm

Simple techniques to stimulate the Parasympathetic Nervous System

<p>Breath</p> <p>Long gentle, easy breaths out where your out breath is 2x as long as your in breath</p>	<p>Being Mindful</p> <p>Listen See Feel Notice Non-judgementally</p> 	<p>Music</p> <p>Listen to music at 432Hz (soothes heart) or 528Hz (ANS)</p>	<p>Cuddle a Pet</p>  <p>Enjoy the feel of a cat purr.</p>	<p>Snuggle</p> <p>Wrap yourself in a blanket, cuddle a wheat bag or hot water bottle</p>	
<p>Ice Face</p>  <p>Place cold water or ice on your face below your eyes</p>	<p>Humming</p> <p>Find your 'tone' so you can feel it and hum gentle songs / melodies</p>	<p>Cold Shower</p>  <p>Take a cold shower</p>	<p>Rocking</p>  <p>Rock – in a chair or just as you are</p>	<p>Use of Smells</p> <p>Some smells stimulate calm – try lavender, lemon, jasmine, peppermint</p>	<p>Smile</p>  <p>Or hold a pen between your teeth!</p>
<p>Laughter</p>  <p>Find something to laugh at or someone to laugh with</p>	<p>Havening Touch</p> <p>Gentle soothing touch at the perfect pressure and speed for you.</p>	 <p>Upper arms</p>	 <p>Face</p>	 <p>Hands</p>	<p>Nature</p>  <p>Get out in nature – bare footed</p>
<p>Pray</p>  <p>Take time to pray, alone or with others</p>	<p>Healing Shower</p> <p>Use your imagination to let the water wash away tension, negativity, stress and...</p>	 <p>then let the fresh water fill you with love, peace, calm, joy.</p>	<p>Swallow a Smile</p> <p>Imagine the sweetest taste of love, joy, peace and build that in your saliva – then swallow.</p>	<p>Gratitude</p>  <p>Each day write down 3 things you are grateful for and why</p>	<p>Sing or Chant</p> <p>Powerful singing, especially with others feels good! Or chant sounds (ohm)</p>
<p>Gargling</p>  <p>Yes – in privacy – go and gargle</p>	<p>Get Physical</p>  <p>Do some safe gentle exercise</p>	<p>Massage</p> <p>Get a massage or stoke yourself in a way that feels delicious</p>	<p>Sleep</p>  <p>Get good quality sleep and rest</p>	<p>Self Talk</p> <p>Try placing a hand on your tummy and just telling yourself "all is well"</p>	<p>Oxytocin</p>  <p>Hug someone you love</p>
<p>Gut Health</p>  <p>Eat good quality real food</p>	<p>Fasting</p> <p>Intermittent fasting also gives your gut a break</p>	<p>Connect with others</p>  <p>Spend time with friends</p>	<p>Meditation</p> <p>Try using a mantra as you focus on your breath e.g. "I am radiantly healthy and loved"</p>	 <p>mBraining the world</p> <p>mBrainingtheworld.com</p>	