

Finding Calm



through the

3 Rs

Hello!

Tired of feeling stressed, overwhelmed, anxious? The world is experiencing an all-time high amount of stressors and stress responses, but you can still reach a state of calm regardless.



I'm Tammy Goen, the Calm Coach, and I've been helping people for decades to calm their nervous systems and develop SUSTAINABLE self care practices.

As a Highly Sensitive Person, I can tune into others' needs, and help other HSPs come to feel comfortable in their own skin.

What are the 3Rs?

There are many ways to take care of you, and the most important first step is calming your nervous system so you can handle more of the world around you. It's also good to let go of what's not working, and fill your bucket so you have energy to use and give.

In this ebook we'll look at some things you can do on your own to...

Relax, Release and Recharge

Tammy Goen

RELAX

When you go, go, go continuously and focus on what you didn't like in the past and what's (possibly) going to happen in the future, your system remains in a constant heightened state of fight/flight/freeze/fawn.

You're not actually threatened by a tiger, but your body can't tell the difference. It's triggered into sensing danger and staying on high alert...even while sleeping!

Some things you can do to restore your system to the rest/digest mode...

Breathe. Simple, yes, but most of us, most of the time, don't breathe deeply or fully, and short breaths trigger that fear response. Stop for a few moments and just breathe...focus on your breath coming into and out of your nose.

Ways to increase the relaxation response:

~ put one hand on your tummy and allow that to expand and deflate as you breathe, like a balloon.

~ exhale for a couple of counts longer than you inhale

Meditate. There are many ways to meditate...the key is to just be present in the moment, and don't expect yourself to not think. You WILL think. When that happens, just be aware, let go of the thoughts and refocus on the breath. Try not to have any judgment; no matter how many times you catch yourself thinking, you're not doing it "wrong"!

If you're new to meditating, finding a guided meditation online can be helpful. You can follow [one of mine here](#).

(RELAX)

Be Mindful. Stop and be aware of whatever it is you're doing...

~ if you're washing dishes, notice the feel of the soap, the temperature of the water, the sound of each item as it goes into the rack.

~ As you eat, pay attention to the texture of your food, the individual flavors. See how slowly you can eat.

~ Pay attention to the sounds around you, one at a time.

Instill calm. Choose some activities that calm you.

It can be seen as selfish to engage in self care when there are so many things to be done. Regardless of how much you do, however, there will ALWAYS be more things to do! That's life.

You don't have to complete every task every day, or fulfill everyone's wishes before you take a little time for yourself. When you're in a calm state, you're better able to think, plan, complete projects, whatever it is you need to 'do'.

So pick some activities regularly that resonate with you:

~ Soak in a hot bath with soothing music or a book.

~ Watch wildlife or nature videos that take you to a peaceful place.

~ Do some yoga or stretching to gentle music

~ Listen to soothing music during the day as you work

(yes, music can be very therapeutic and calming!)

RELEASE

In addition to letting go of body tension and allowing your system to relax through a variety of calming practices, it's also important to release other things that don't serve you, like thoughts and activities and out of control to-do lists. You need to develop some self compassion and let go of so many expectations for not only others, but for yourself.

I often hear from people that they can't fit self care into their schedules or that they can't let go of any of their tasks, but can you just continue to add more and more to your plate and expect to remain healthy, and happy? No!

How can you Release what's not serving you?

You can be better at taking care of others than yourself. One powerful self care technique is to imagine that you're talking with a good friend who's overdoing and feeling overwhelmed...what would you tell them? What suggestions would you give them to release and refocus on themselves? We tend to urge loved ones to give themselves a break, to more easily recognize what's reasonable and not. Now gift yourself with the same advice!

Before accepting yet another job or chore, pause for a moment to breathe, then ask yourself how you feel when you consider this. If you feel energized, great, but if your body immediately flinches or you feel like you can't breathe or you feel tense in your jaw or neck or even your whole body, that's your body and intuition telling you that it's too much. The trick is to listen! And of course it takes practice being able to say No, but you truly can't be everything to everyone all the time.

(RELEASE)

EFT/Tapping is an effective way of letting go of things that don't serve. It's a gentle technique that can be used almost anywhere, anytime to access unconscious patterns and things that have a hold on us. There are many tutorials online, [like mine](#), and although working with a practitioner tends to be more pertinent and helpful, there's much you can do on your own. EFT can also be used to calm yourself when feeling stressed or anxious.

Release body tension. Your body can hold a lot of your stress response. Being aware, then giving permission for it to release helps a lot to calm the nervous system and allow for relaxation.

You can do a body scan to increase awareness, as well as to release tension:

Start with the top of your head. Just become aware of how it feels...is there tension in your scalp? Headache? Itchy? First, just notice what's happening, then take a deep breath and as you exhale allow and imagine the sensation dissipating, Take another breath and release more.

Now move to your face and the back of your head. Notice what's going on, then take your deep breath and release. Repeat.

Continue throughout your body, little by little, noticing and releasing, from the top of your head to your fingers and toes.

Once you've progressed through your whole body, check in again and notice how you feel now. See if there's an area you want to release more, and if so, repeat the breathing and release in that area..

RECHARGE

Increase your energy, focus and joy

As mentioned, you use up your energy on your tasks and taking care of others. You would get completely depleted if you didn't recharge.

To do this, you must let go of the idea that it's selfish to have 'me' time. It's not selfish...it's mandatory. How can you offer of yourself if there's nothing to give?

Recharging means filling yourself up with things that heal you, resonate, excite you, feed your passion. These are things that fulfill and energize you, light you up, or send you into a state of pure comfort or even bliss. Other people looking at you can see that you're in a very positive state.

Some things you can do to recharge your energy reserves...

~ **Sleep.** Enough good quality sleep is underrated. Our bodies need time to rest and digest, to heal, to restore the immune system. Even if you think you can (or should be able to) get by on 4-6 hours of sleep, because there's just so much to be done on a daily basis, the body, and mind, eventually will crash. We're just made to need sleep.

~ **Have fun.** "All work and no play makes Jack a dull boy"...and he is probably very stressed out and not enjoying life much anymore! It's important to actually enjoy life, as it happens, rather than waiting until everything is taken care of. If you're honest, you'll likely agree that this rarely if ever happens, because there's always more to take care of.

(RECHARGE)

Having fun keeps you more in the moment, which calms your nervous system, and fills your tank. Find some things that you really enjoy doing and make time for them on a regular basis. Again, don't think of these as times of being selfish, but of replenishing what's been depleted.

~ **Boost your energy.** There are things that feel draining, and things that energize. You don't have to engage in high-vibe activities in order to recharge. Things like yoga, TaiChi and ChiGong are great for filling your reserves while also calming your nervous system.

Other ways to increase your energy are receiving sound baths (being immersed in various instruments played with healing intent, like crystal bowls and didgeridoo) and listening to certain types of music. Walking in nature is a powerful way to increase energy... keeping you in the moment and connecting with the Earth's healing vibration.

Other recharging activities...

- ~ Read an inspiring book or listen to a podcast.
- ~ Completely unplug from all social media and devices and do something quiet and enjoy the solitude.
- ~ Talk with your best friend (avoid politics, money, etc).
- ~ Schedule an energy work session.

WANT TO LEARN MORE?



Sometimes you have the best intentions and yet, you still aren't taking care of yourself as you could.

It can help to have a guide while making a shift from always caring for others and being in the fight/flight mode to creating a sustainable self care practice and achieving and maintaining a state of calm.

If you're still finding it challenging to put you first after trying the suggestions in this ebook, I'd love to help you along your journey to peace. Let's connect and see what's possible.

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