



# Finding Calm

Healing isn't just what happens in session.  
Your nervous system needs consistent reminders of safety.  
Whether you're preparing for EMDR, recovering from a session, or simply trying to feel more grounded — these small practices matter.  
Save this checklist for when you need it.

## My Favourite Practices

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Calm Practice Checklist

- Your favourite Breathing Exercises
- Meditation
- Going for a walk
- 5 Senses
- Notice the date, time, your location
- Hold ice, cold shower, squeeze comb, sour candy, smell peppermint.
- Find the colours of the rainbow in order
- Calm place
- Notice where the sun rises, where it sets.
- Listening to Music
- Dancing
- Journaling
- Aromatherapy
- Progressive Muscle Relaxation
- Reading
- Crafting or Art
- Warm Bath
- Tea
- 'Silencing the alarm'
- Place one hand on belly and one hand on chest
- Press your feet firmly on the floor
- Gratitude Practice
- Favourite funny cat or dog videos
- Connect with a friend or family
- Eat good food
- Sleep
- Exercise

EXPERIMENT TO FIND YOUR CALM.