# CALM & CONNECT:

## *Soothing Strategies for Everyday Interactions*

*Reduce overwhelm. Build safety. Support regulation.*

1. **USE YOUR VOICE – REPETITIVE, RHYTHMIC**
   Ex: say the person's name, soothing phrases
2. **MODEL SIMPLE RHYTHMIC BODY MOVEMENTS –**
   Deep breaths, feet on the floor, rocking, drumming, walking
3. **RUBBING HANDS TOGETHER OR LIGHT PRESSURE TO HANDS**
4. **INTRODUCE A FAMILIAR, SOOTHING OBJECT**
5. **REPETITIVE MOVEMENT OF HANDS –**
   Running hands through water, sand, beans
6. **NAMING CATEGORIES OF THINGS –**
   Colors, seasons, animals
7. **AVOID ASKING THEM TO PARTICIPATE**
8. **LISTEN TO MUSIC OR SOOTHING SOUNDS**

### OUR GOAL:

Calm the nervous system, create safety, and bring the person back in the moment.

### REMEMBER

- Go slow
- Use a calm, steady voice
- Keep it simple and predictable
- Create a safe and comfortable environment
- Celebrate small steps

Every person is different. What works one day may not work the next.
Your calm presence makes all the difference.

DESTINATION *Illumination*

Illuminating Minds. Preventing Crisis.
Empowering Neurodivergent Communities.

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