

# A moment of calm

## Feeling anxious or overwhelmed? Brain overloaded or heart racing?

A few simple, gentle movements can help activate your parasympathetic nervous system — the part of your body that calms stress and anxiety.

Try them first thing in the morning to set up your day, or anytime you notice tension creeping in.

### Cross-body arm swings

Stand tall with feet hip-width apart, arms relaxed by your sides. Breathe in and out deeply.

Swing your arms gently forward and across your body, alternating which arm crosses on top. Don't raise your arms too high – keep your fingers facing downwards. Move your head gently from side to side too.

Swing your arms back to your sides and repeat for 20–30 swings.

### Why it works:

The rhythmic, cross-body motion engages coordination and body awareness, gently stimulating your nervous system. Focus on smooth, gentle, relaxed movement and steady breathing to enhance the calming effect.

### Heel raises

Stand with feet hip-width apart, weight evenly distributed.

Slowly lift your heels off the floor, rising onto your tip-toes.

Hold 1–2 seconds, then lower back down. Repeat 10–15 times.

### Why it works:

Activates the calf muscles, improves circulation, and helps you feel grounded. The rhythmic lifting and lowering movement can also support nervous system regulation and focus attention on your body, which is calming.

