



NERVOUS SYSTEM HACKS

STRATEGIES TO GET CALM

- Breathing in for a count of 4, hold for 2, out for 6 (the longer exhale is important)
- cold water - try cold compress, splash cold water on face/neck, cold shower
- deep breaths outdoors
- suck on a sour candy or lemon wedge
- relax your facial muscles, drop tongue from roof of mouth, drop shoulders & tailbone
- dance/shake it out
- notice how your body is connecting the floor/seat under it
- connect with another person - touch, laughter
- walking
- butterfly hug - try a tapping rhythm left to right on each side of the body
- guided mindfulness practice



THE CALM PLACE

WELLNESS CENTRE