



L I F E G I V E N
Coaching & Consultancy Ltd

Transformational Coaching and Leadership Coaching

How to calm down quickly

when you're feeling stressed

6 tips

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1. Deep Breathing

Take slow, deep breaths. Inhale deeply through your nose for a count of four, hold your breath for a count of four, and then exhale slowly through your mouth for a count of six. This deep-breathing technique can help lower your heart rate and reduce stress.


2. Muscle Relaxation

Tense and then release each muscle group in your body, starting from your toes and working your way up to your head. This helps to relieve physical tension and promote relaxation.





3. Mindfulness Meditation

Practice mindfulness by focusing your attention on the present moment. Pay attention to your breath, the sensations in your body, or the sounds around you. This can help you let go of racing thoughts and worries.



4. Visualization

Close your eyes and visualize a peaceful and calming scene, such as a beach, a forest, or a meadow. Imagine yourself in that place, engaging all your senses. Visualization can transport your mind away from stressors.





5. Positive Self-Talk

Challenge negative thoughts with positive affirmations or statements. For example, if you're thinking, "I can't handle this," replace it with "I can manage this situation one step at a time."



6. Physical Activity

Engage in quick physical activity, like a brisk walk or a few minutes of stretching. Exercise releases endorphins, which are natural mood lifters, and can help you feel calmer.