

CALMING TECHNIQUES

Tips for Staying Calm and Relaxed

We all feel stressed, anxious, or angry at times. When you feel this way, it's important to have a toolbox of calming techniques to help you relax. Here are some quick and easy calming techniques.



Breathe

Breathing is the best way to feel calmer. Take a deep breath, count to four, and slowly exhale. Repeat.



Relax your body

Drop your shoulders, then flex and release all the muscles in your body, from top to bottom.



Change your thoughts

To help refocus your thoughts, visualize a bright red stop sign, say STOP, and visualize something positive.



Visualize calm

Close your eyes and imagine yourself in a peaceful setting, feeling calm, relaxed, and stress-free.



Try guided meditations

With guided meditation, a voice helps you relax your body and focus your thoughts. Guided meditations are available on Spotify, and on apps like Meditation Studio and Calm.



Go outside

If you're feeling stressed or anxious, going outside for some fresh air and a short walk can help.



Do physical activity

Take a run or brisk walk, kick a ball, or do jumping jacks. Physical activity helps you release negative feelings.



Listen to music

If you aren't able to listen to music to help you calm down, try singing a song in your head while taking deep breaths.



Keep a centering object

A centering object is any object (a stress ball, necklace, stone) that you can turn your attention to when you want to feel calm.



Challenge negative thoughts

Question a stressful thought by asking, *"Is this likely to happen?"* or thinking, *"Even if it happens, I can handle it."*

Not all calming techniques will work for you all the time. But if you have a toolbox of calming techniques, you can feel confident in your ability to handle stressful situations.



VIDEO

For 10 ways to improve your mental health, watch this quick video.