

CALMING

your

Nervous system



Humming
Listening to music
Deep sigh
Shaking
Jumping
Yoga
Gargling
Meditation
Cold shower
Singing
Chanting
Nature observations
Aromatherapy
Deep breathing
Butterfly hug
Stressball

Mindfulness
Dancing
Body scan
Art
Patting an animal
Tapping
Laughing
Self-care
5-4-3-2-1
Colours/shapes
Stretching
Progressive muscles relaxing
Chew on ice
Weighted blanket
Walking
Stomping