

Speak Your Peace

Place a hand lovingly on your heart or belly,
and repeat one of these mantras:
(or any other mantra that soothes you)

"Breathing in, I am aware of my breath.

Breathing out, I feel my breath slowing down."

"Breathing in, I calm my body. Breathing out, I smile.

Dwelling in the present moment, I know this is a wonderful
moment." (Thich Nhat Hanh)

"Breathing in, I remember I am worthy of rest

Breathing out, I soften into relaxation"

"Breathing in, I am aware of my feet

Breathing out, I am rooted deeply to the Earth."



Mantra meditation
lowers physical stress
& anxiety and
increases focus

Sigh of Relief

Take a breath in through your nose.
Open your mouth as you sigh out, allowing
whatever sound to come through
that might want to release itself.
Notice the subtle vibrations in the back
of your throat as you breathe out.

Repeat 3-6x

Sighing 3-6 times in a row reliably resets
the Nervous System and immediately
shifts the body into a more relaxed state



Alternate Nostril Breath

Place the pointer and middle fingers of your
right hand between your eyebrows.

1. Take a deep, slow inhale through both nostrils
2. Close right nostril with your thumb & slowly exhale out the left. Right nostril remains closed as you inhale back through the left.
3. Close your left nostril with your ring finger, & exhale through the right. Left nostril remains closed as you inhale back through right.
4. Return to step 2

Repeat 5-10x

This Yogic breath brings
balance to the Nervous
System, slows heart rate
and lowers blood
pressure



Foot-Work

Sit in a supportive chair where your feet can
comfortably reach the ground.

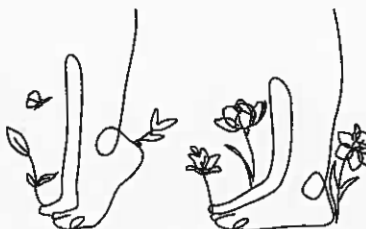
Inhale, press the balls of your feet to the floor
and lift both heels up.

Exhale, release the full weight of your
heels to the earth.

Pause—feeling the reverberations through
your legs and feet.

Repeat 10x

Heel dropping activates the Vagus Nerve via the
bottom of the foot and reduces racing thoughts by
increasing mindfulness



Self Hold Sequence

1. Place one palm flat on the base of your skull, the other on your forehead. Breathe into the space between your hands until you feel a shift.*
2. Hand moves from back of your head to your heart. Breathe into the space between your hands until you feel a shift.*
3. Hand from your forehead moves to your belly. Breathe until you feel the shift.*
4. Hand from your heart moves to your lower back. Breathe until you feel the shift.*

*A shift can feel like any of the following:
 a feeling of "flow",
 a change in breath pattern,
 mood, temperature,
 sensation, etc



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Welcome the Wave

When you fight with difficult emotions, hoping to make them "go away," stress chemicals get released in the body. Instead, let's try something that is proven to soothe your nervous system when hard feelings arise:

Place your hand on your heart, your belly, or wherever the emotion is showing up in your body. You can rhythmically tap or rub this area for a more regulating effect.

Acknowledge: "I am feeling ____
 (anxious, sad, angry, etc)"

Normalize: "This is painful & scary, but it makes sense why I would feel this way"

Explore Purpose: "Thank you (emotion), for trying to ____ (keep me safe, protected, motivated, etc)"

Welcome: "I will take care of you for as long as you need to stay. You are welcome and safe here."

Notice what happens.

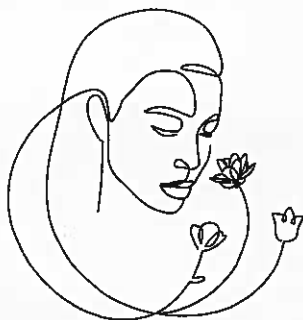


Scent of Serenity

Did you know your sense of smell is the strongest sensory link to memory?

Find a scent that brings you back to a memory of peace, balance, or happiness—this may be an essential oil, a perfume, a candle, an herb, etc.

Keep your scent handy to use in times of stress. Allow the smell to transport your mind and body back to the positive emotions of that experience.



Soft Eyes

If it feels safe, close your eyes and become aware of the heaviness of your eyes inside your head.

Imagine they are sinking, like small weights, far back towards your brain.

Feel the subtle softness of your eyelids, like little blankets, pressed lovingly over your eyes.

Finally, relax all of the muscles around your eyes, your eyebrows, and the sides of your head and neck. Feel any remaining tension melting.

Notice how your body has changed.



Softening your eyes instantly activates the arm of the Nervous System that calms you down and returns mind and body to balance

4-7-8 Breathing

Find a sweet and comfortable seat.

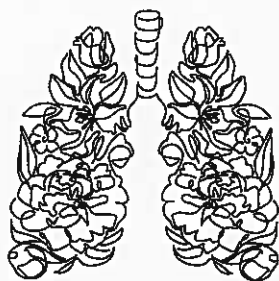
Inhale through your nose to a mental count of 4.

Hold your breath for a mental count of 7.

Exhale slowly and completely through
your nose for a count of 8.

Repeat 5x, or until you feel your heartbeat begin to
slow down.

Extending your exhale balances carbon dioxide and oxygen in
your body and activates the relaxation response of
the Nervous System



Eye'm Calm

With your nose facing forward, choose two
objects, one on your far right
and the other on your far left.

Pass your gaze rapidly between those two
objects, sending your eyes side to side
for 25-50 repetitions.

Notice the shift in your mood, thoughts, and
physical sensations
(Yawning, sighing, or deep breathing indicate a
reset of the Nervous System).



Rapid lateral eye movements
reduce activation of the
Amygdala (the fear & anger
center of the brain) and cause
the release of dopamine,
which creates a feeling
of courage



Butterfly Hug

Cross your arms in front of you, and place one
hand on either side of your chest, fingers
touching the tips of your collar bones.

(Option to interlace your thumbs)

Begin to alternately & rhythmically tap one
hand and then the other on your chest. Slow
your breath down as you focus your mind on
the sensation of the tapping.

Count backwards from 100 as you tap to further
reduce anxiety. Continue until your thoughts
clear and you feel more centered.

Butterfly Hugs reduce
intrusive and circular
thinking, & immediately
activate nerves on the
surface of the skin
connected to the "rest and
digest" portion of your
Nervous System



Tapping

Set up your script to say silently or out loud as you tap:
"Even though I am feeling ____ (overwhelmed, anxious,
etc), I still deeply and completely love and accept myself."

Firmly tap the following points with the tips of your
fingers 7-8x each, using whichever hand is
most comfortable.

1. Side of hand below pinky
2. Top of head (crown)
3. Between eyebrows
4. Side of eye
5. Under eye
6. Under nose
7. Chin
8. Across collarbones
9. Under armpit (side ribs)



Take deep breaths with full exhales between repetitions.
Repeat until you feel a shift in your mood.

EFT Tapping is proven to help reprocess difficult emotional
experiences, making them feel more manageable