

SIMPLE WAYS TO FIND  
*calm in the storm*



## Intention & Meditation

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Intentions can be a specific wish, or as simple as a word or phrase you'd like to align yourself with like "I have compassion for myself & others" or "Today my coworkers & I will create a healing environment." Intentions can guide your actions as you move through your day.

(1)

Inhale slowly and deeply into your belly

(2)

Continue your inhale as the breath expands to rib cage and chest

(3)

Pause for a moment and state your intention silently to yourself

(4)

Exhale from the chest, rib cage, and belly

(5)

Pause for a moment, repeat deep breathing for a sequence of 3-5 times

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## Practices to Interrupt

Use these to calm down quickly when a stressful situation has you in fight/flight:

- Close your eyes, breathe in to a count of 4, breathe out to a count of 8. Do this for 5-6 rounds.
- With the tip of your index finger, tap gently on the dimple between your upper lip and nose, while repeating to yourself "Right now I am safe."
- Look around your environment and name what you see – blue door, white wall, green paper, red pen, etc. or simply count each thing you see until you are able to name them.
- Drink a glass of water slowly while counting up from 1 slowly

## Practices to Shift Further Towards Calm and Reset

- Take a short walk outside if you can; if not, remove yourself from the immediate environment to somewhere quiet and look at a picture of a nature scene as you continue to breathe slowly. If you can't walk, then do some other movement like stretching your neck or arms. Even marching in place or shaking your body can help expend energy.
- Listen to a short guided meditation to refocus your attention. Headspace, Insight Timer, and YouTube are all sources for brief, 5-10 minute ones that can help. Or do a fast body scan, tightening and then releasing your muscles as you focus on each body part for 10 seconds.
- Concentrate on picturing someone or something you love, like your pet, family, or someone who brings you joy when you think of them. Place your hands gently on your heart and slowly breathe in and out as you focus on them.
- Chew a piece of gum or have a cup of tea

