



# 30 WAYS to CALM

(When hearing "just relax" doesn't really help...)



1. Breathe slowly and deeply.
2. Listen to music.
3. Observe nature.
4. Call a friend.
5. Lay down with your eyes closed.
6. Visualize your happy place.
7. Look at photos that make you smile.
8. Doodle.
9. Write in a journal.
10. Enjoy a cup of tea (or something you love).
11. Take a walk.
12. Watch something funny.
13. Dance.
14. Do (or try) yoga.
15. Accept the distress.
16. Do a brain dump and write it all down.
17. Stretch.
18. Do something nice for someone else.
19. Practice gratitude.
20. Walk barefoot (preferably in grass).
21. Engage your brain with a puzzle.
22. Try a guided meditation or mindfulness strategy.
23. Get creative.
24. Pick up a book and read for a few.
25. Fold yourself up in a blanket hug.
26. Yell...let it all out.
27. Use aromatherapy and find a calming scent.
28. Spend time with a fur buddy.
29. Listen to moving water like a brook or waves.
30. Count to 10. It seems basic, but it works.