

11 Ways to Calm Yourself Down

WHEN YOU START FEELING ANXIOUS

1. BELLY BREATHING

Sit or lie flat in a comfortable position. Put one hand on your belly just below your ribs and the other hand on your chest. Take a deep breath in through your nose, and let your belly push your hand out. Your chest should not move. Breathe out through pursed lips as if you were whistling. Feel the hand on your belly go in. Do this breathing 3 to 10 times. Take your time with each breath.

2

Calling a friend.
Sometimes all you need to get out of an anxious rut is a friendly, reasonable voice.

3

Taking a warm shower or bath.
A drop in your body temperature will result in a drowsy, relaxed feeling.

4

Going for a walk.
Walking can be extremely meditative and calming, and fresh air on its own will also help.

5

Sweating it out.
Exercise releases endorphins, which are the happy chemical in our brains.

6. VISUALIZING

Clear the mind completely. You may begin by concentrating on your breath. Generate an image or idea in your mind before you begin visualization. Try using a general idea such as love, joy or a positive thought or affirmation such as, "I am balanced." With each inhale, feel your body expand with potential, and exhale your positive thought into your world.

7

Writing it down.
Writing the things you're worried about down can help clear your mind and refocus you.

8

Colouring.
Colouring helps you unwind, destress and helps take your mind off whatever's getting you down.

9

Playing music.
Music has the power to slow your heart rate and breathing, and lower your blood pressure.

10

Reading a book.
Just six minutes of reading can be enough to reduce stress levels by more than two thirds.

11. MEDITATING

Sit or lie comfortably. Close your eyes. Make no effort to control your breath; simply breathe naturally. Focus your attention on the breath and on how the body moves with each inhalation and exhalation. Notice the movement of your body as you breathe. Observe your chest, shoulders, rib cage, and belly. If your mind wanders, return your focus back to your breath.