

5 WAYS TO BRING CALM



Notice what you see & hear

Ground yourself in the here and now by noticing 5 things you see around you and 2 sounds. If that seems too easy find 5 blue (or any color) things in the area around you.

You can also notice what you smell and feel to bring you into the present moment.



Compassionate Self-talk

Acknowledge that the situation you are experiencing is difficult. Think about what you would say to a friend experiencing this tough situation.

Hopefully you would give them a message of kindness and acceptance, not judgement. Feel into this message for yourself. .



Scan your body

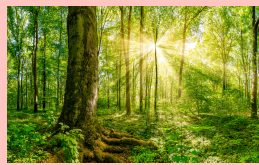
Starting at your toes think about and notice how each part of your body is feeling - tense, relaxed, tingly, cold, warm... Work your way from your toes to your calves, thighs, all the way up to your neck and face.



Squeeze & Release

Pick a part of your body and squeeze the muscles for about 5 seconds, and then release the tension.

This can be paired with a body scan by starting by tensing the toes and working your way to your head or by choosing a few tense spots to squeeze and then release.



Imagine a Calm Spot

Think of a place that feels calm. Imagine you are there and use your senses to place yourself there. Look around this place and notice small details. What can you hear? What smells are in the air? Feel whatever is touching your skin - clothes, the ground. What flavors can you imagine tasting in this spot? How does your body feel? Are you there alone or with other people?

Wisconsin Adoption & Permanency Support Program

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