



1. Breath work: Sit comfortably and focus on your breath
  - a. Follow it without judgment and without changing it; just notice it for a while
  - b. Slow it down to a four count breath: inhale 1, 2, 3, 4; exhale 1, 2, 3, 4
  - c. Add an intention that moves you, like "inhale love, exhale fear"
2. Movement: A simple adjustment can make a big difference
  - a. Whether sitting or standing, try adjusting your posture so it's more aligned
  - b. To go a little deeper, move slowly and gently: pull your stomach in, stretch up through the top of your head, tuck your chin in slightly, relax your shoulders back and down
  - c. If possible, take a walk or try yoga
3. Mindfulness: Practices that help keep us present
  - a. Meditation: Directing attention inward
    - i. Focus on breath and combine with comfortable stillness or with movement
    - ii. Watch your thoughts without judgment
    - iii. Listen to music or a recording that you enjoy, something relaxing
  - b. Self-soothing: Utilizing the five senses: sight, sound, taste, smell, touch
    - i. Carry a stone or something pocket-sized that feels good to hold because of its texture or the fond memories associated with it
    - ii. Try essential oils, different scents affect us differently (Note: When in close proximity to others, check with them before applying scented stuff!)
    - iii. Savor a cup of your favorite tea; notice the scent and taste of tea, the temperature of the mug in your hands
  - c. Grounding: Being here, now
    - i. Make a descriptive list of the first 10 things you notice where you are
    - ii. Bring attention to each part of your body; to start, feel your feet on the ground and weight of yourself in your seat/stance
    - iii. For some, actually getting closer to the ground (earth) helps with grounding
4. Visualization/imagination: May be guided, may take us across space and/or time
  - a. Practice replacing negative thoughts with positive ones
  - b. Imagine yourself in a place you've been that makes you happy, spend time with all of the details: What can you see? How do you feel? What can you smell? What do you hear?
  - c. Listen to visualization recordings
5. Take breaks: Redirect attention
  - a. Ask for and offer breaks, when needed
  - b. Schedule breaks: chunk things out into blocks of time, refresh in between
  - c. Do something that feels good: take a short walk, drink some water, enjoy a conversation, practice breath work or meditation

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<sup>1</sup> Keep in mind: Different approaches better fit different people and situations; and the same approach may not work the same way every time.