

# Calming Strategies

- ☐ Pray the rosary. It is rhythmic and soothing
- ☐ Sit in silence until racing thoughts stop
- ☐ Have a warm bath or shower
- ☐ Listen to up beat music that makes you smile
- ☐ Sing at the top of your voice
- ☐ Have a good cry (watch a sad film if you can't cry)
- ☐ Carve negative thoughts words on a candle and melt it
- ☐ Write bullet point of things you want people to know and acknowledge
- ☐ Walk the dog (go for a walk)
- ☐ Phone a helpline
- ☐ Have a pamper session
- ☐ Pop a balloon
- ☐ Pop bubble wrap
- ☐ cuddle and squeeze a soft toy