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 acknowldege
- [ ] 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

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