

# LEARNING TO KEEP CALM

How are you feeling today? Are you overwhelmed, anxious or even feeling lost? You are not alone... Try not to think about events of today, or tomorrow or the next month...only focus on this moment, right now. And in this moment, you have the power within you to calm yourself with one small positive thought, touch or breath. The mind can heal and transform the body.

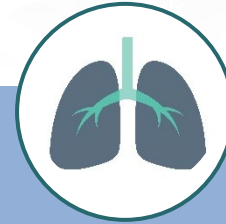


## THE SIMPLE TOUCH

Learn to calm yourself from stress through gentle touch. The human body releases oxytocin when the skin is touched, which provides a sense of security, soothes stressful emotions, and sends calm to our body.

- Cup your hands in your face and say, "It's going to be ok."
- Cross your arms and give yourself a hug and say, "May I be strong."
- Put your hand over your heart and say, "May I be safe."
- Put your hand on your belly. "May I accept myself as I am."

This may feel awkward at first, but the body responds to physical touch from ourselves or others! So, hug away when stressed!!



## JUST BREATHE

The **4-7-8 Breath** (also known as the tranquilizer or relaxing breath) is the perfect, stress reliever to put yourself in a relaxed state almost immediately. It can be done anywhere, takes no equipment and very little time.

- Exhale completely through your mouth making a *whoosh* sound.
- Inhale completely to a mental count of **4**.
- Hold your breath for a count of **7**.
- Exhale completely through your mouth, making a *whoosh* sound for a count of **8**.

This is one breath. Now, inhale again and repeat the cycle 3 more times for a total of four breaths.

Sources: Dr. Andrew Weil, [drweil.com](http://drweil.com) | Dr. Kristin Neff, [self-compassion.org](http://self-compassion.org)

**NO  
TIME**



**NO  
TOOLS**



**DO IT  
ANYWHERE**

