

10 Terrific Tips for Calming

when feeling stressed or anxious

1. **Breathe.** Literally - breathe. Sometimes stress or anxiety makes you breathe in a very shallow way (and sometimes you don't even realize that's what you're doing). So take a breath... several nice, slow breaths, spending longer on the exhale than the inhale.
2. **Move.** Move your body, whether that means dancing to a song, taking a walk or jog, doing some gentle stretching, or simply walking around the room.
3. **Listen to music.** Whatever calms you down or lifts you up, listen to music.
4. **Talk to someone who cares.** Sometimes it helps to "get it out" and share how you're feeling with a safe person.
5. **Create or craft.** This can be anything - painting, writing, art journaling, knitting, putting together miniature houses - creating anything at all. Spending time creating or crafting can keep your hands busy, your mind occupied, and help shift and focus your energy.
6. **Smell some oils.** Diffusing essential oils such as lavender, bergamot, sweet melissa, frankincense, or neroli can be relaxing.

7. **Pray or meditate.** Prayer and meditation can help calm your mind and your body. Spend some time in silence, or sit and focus on your breath, or use a guided meditation that feels relaxing and calming. Praying and connecting with your spirituality can also be very calming and reassuring, helping you feel less alone and helping you with having a sense of security and believing all will be well.

8. **Spend time in a relaxing place.** This can be a spot in nature you love, or a cozy nook in your home, or a relaxing bath or shower, or your favorite coffee shop, or creating your own calming sanctuary in a bedroom or spare room... wherever feels nourishing, nurturing, and relaxing to you. Spending time in a place that helps you feel at peace can make a wonderful difference.

9. **Find something to laugh about.** Laughter truly can shift your energy, lift your mood, and help get your mind off other things (even if only temporarily). Watch a laugh-out-loud show or movie, or find something on [youtube](#) that gets you giggling. You can even spend some time doing laughter yoga (you can find videos of this on youtube too).

10. **Distract yourself.** Watch tv, stream Netflix, read a book, play with your pet, clean out your closet, tackle a new project, surf the internet, take a nap, play a game... whatever helps get your mind on something other than your anxious feelings or thoughts. Although it's not good to try to permanently avoid whatever is making you stressed or anxious, distracting yourself for a while can sometimes be just what you need.