



# Stress-Soothing Strategies

## Tapping

Tapping engages the body's natural energy systems to promote calm.

- Use the fingers of one hand to gently tap on various acupressure points on the other hand, wrist, and upper body (head, inner eyebrow, side of the eye, under the eye, under the nose, chin, collarbone, and under the arm).
- As you tap each point, repeat a calming affirmation or phrase, such as, "I am safe and calm," "I release tension," or "I am in control of my emotions."
- Continue the tapping process for a few minutes or until you start to feel more relaxed and centered.

## Shaking it out

Shaking it out helps release physical and emotional tension.

- Stand with your feet shoulder-width apart and relax your body. Take a few deep breaths to center yourself.
- Start shaking your body gently from head to toe, allowing your limbs and muscles to loosen up. As you shake, imagine that you are releasing negative energy, stress, or anxiety from your body. Visualize these feelings leaving you with each shake.
- Continue shaking for a minute or two until you feel a sense of relief and relaxation.

## Conscious humming

Conscious humming activates the vagus nerve, promoting relaxation and reducing stress and anxiety.

- Start making a humming sound with your mouth closed, focusing on the vibrations it creates in your head and body. The sound can be any pitch that feels comfortable to you.
- As you hum, try to synchronize your breath with the humming, taking slow and deep breaths. Feel the sound and the breath calming your nervous system.
- Continue humming for a few minutes, allowing yourself to be fully present in the moment.

## Guided square breathing

Guided square breathing helps activate the body's relaxation response, reducing anxiety.

- Inhale deeply through your nose for a count of four. Feel your lungs fill with air and expand your abdomen.
- Hold your breath for another count of four.
- Exhale slowly through your mouth for a count of four. As you exhale, release any tension or stress you may be holding onto. Hold your breath again for a count of four before starting the cycle again with the inhalation.
- Repeat this square breathing pattern for a few minutes to help calm your mind and body.

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