

PRINTABLE CHECKLIST

20 WAYS TO CALM YOURSELF DOWN

- “Ground” yourself techniques
(connect with your body through deep breaths and awareness of your surroundings)
- Exercise
- Find a “safe space” in your home and spend a few moments there
- Pay close attention to your breathing
- Make yourself some calming hot tea
- Talk with a friend
- Get outside! Take a walk & change scenery
- Make a gratitude list
- Put on your favorite song
- Dance
- Take a bath
- Snuggle with your pet
- Watch or read something that makes you laugh
- Do something creative (drawing, coloring, etc.)
- Unplug from social media
- Clean an area of your home
- Focus on the present
- Practice meditation
- Write down your emotions