

GROUNDING/CALMING STRATEGIES

If you find yourself overwhelmed this holiday season

Try some of these tips and strategies

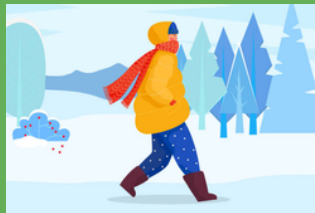
01.



Breath Deeply

Try box breathing. Inhale for 4 seconds, hold for 4 seconds, exhale for 4 seconds, pause for 4 seconds. Repeat. Try to imagine your belly filling like a balloon.

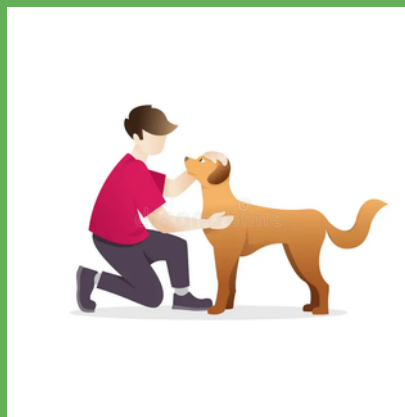
02.



Change of Scene/Movement

If you find yourself emotionally activated go for a walk or engage in gentle movement or stretching. Being active helps create feel good chemicals (endorphins) that help buffer anxiety and or discomfort.

03.



Pet an Animal

Animals are good at helping us co-regulate and help us feel safe and connected. They can decrease stress, regulate the nervous system and recalibrate emotional dysregulation.

04.



Find Connection

If feeling overwhelmed or lonely connect with someone or something. Connection increases oxytocin which can help manage anxiety, decrease depressive feelings and regulate CNS activation.

05.



Ground Yourself

Run your hands under cold water, place a cold water bottle on your back of neck, or if it's not too cold step outside in bare feet (briefly) to recalibrate and bring yourself back into your body.

06.



Take some time for You

Whether it's doing a craft (using your hands), baking, doing yoga, watching a movie, reading a book, shopping, or doing something you enjoy - take some moments for you. This helps increase your window of tolerance and coping. Have some FUN!

07.



Be Mindful

Recognize your thoughts and emotions and internal dialogue. Notice your body and your feelings (without judgement). Practice self compassion. Nourish your body. Slow down. Be aware of what you can and can't control. Respond mindfully.

08.



Self Care

It's normal to experience heightened emotions during the holiday season. Stay hydrated, minimize caffeine (where possible), eat balanced, get enough sleep, move your body & don't put too much pressure on yourself. Remember you are enough. Repeat: I AM ENOUGH.