

INSTANT CALMERS

10 TIPS TO HELP YOU FEEL MORE IN CONTROL

1

Breathe like this

Imagine a rectangle, or look at one. (Your phone or TV screen is perfect). Trace the image as you breathe - breathe in for the short side, pause, breathe out for the long side. Repeat.

When we breathe out for longer than we breathe in, fight or flight deactivates.

3

Count on distraction

In fight or flight mode we 'hyper-focus' on the threat and that's all we can think about.

Help your brain come back to the real world by counting something in the room - blue objects, for example.

5

Do the smallest thing

If you feel overwhelmed just do the smallest thing you can face right now. It doesn't have to be anything important or even anything to do with what you need to achieve.

Small accomplishments boost your brain chemistry and help you cope.

2

Body scan

Focus your attention on the little muscles in your scalp, and relax them. Next your forehead, cheeks, jaw, shoulders... continue scanning all the way down the body, seeing what you can relax a bit more.

A relaxed body leads to a relaxed nervous system & brain.

4

Walk away

Get away from whatever's triggering you. If it's your inbox and social media, put your phone in another room for a couple of hours.

If it's family, take 5 minutes out to breathe and calm down - phone a friend or have a cup of tea.

It's amazing how much more calmly we can respond with just a few minutes' breathing space.



(+44) 07980 744 497

www.bristol-hypnotherapy.com

INSTANT CALMERS

10 TIPS TO HELP YOU FEEL MORE IN CONTROL

6

Use your senses

Smell can instantly transport our state of mind to another time and place - keep an uplifting scent to hand for those stressful moments.

Likewise, looking at photos is brilliant for an instant hit of happy.

7

Tune out

A good sing does wonders for calming.

It's impossible to focus on stresses when you're belting out your favourite tunes, and the feelgood brain chemicals make a lasting difference.

8

Vagus, baby

Stimulating the vagus nerve gives you a direct route to calm.

Humming, chanting or even gargling are great alternatives when singing's just not an option!

9

Cool down

The phrase 'chill out' might have more meaning than first appears.

Cooling your system really can help you feel better when the adrenaline's pumping - a cool shower might be an idea for the brave.

Open a window, turn the heating down, take off some layers or use damp cloths on your neck and wrists.

10

Exercise

Nothing burns off stress hormones like getting moving - especially if you really get your heart rate up.

Exercise has the added advantage of helping you zone out and come up with solutions - you never know, a eureka moment might just strike!



(+44) 07980 744 497

www.bristol-hypnotherapy.com