



Calm Your Body Down

Before you can use the thinking part of your brain you need to calm your body down first.

Breathing

- Sending oxygen to your brain
- Slows your heart rate down
- Tells your brain it's time to calm down



Drink Some Water

- Turns your digestive system back on
 - Tells your brain you are not in danger
 - Helps tell your brain to turn off the flight or flight response
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Progressive Muscle Relaxation

- By tensing and relaxing one muscle group at a time tension is reduced
 - Reduces your heart rate
 - Helps reduce stress and relax the body before sleep
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