Calm your body

4 tools I use when a big feeling hits

When a big feeling hits, telling yourself to calm down rarely works. Your body needs something to do first. Keep this somewhere you'll see it, like the fridge, next to your bed or saved on your phone.

HOW TO USE IT

1. Pick the feeling closest to what you feel right now.
2. Do the tool for that feeling.
3. Notice how your body feels afterwards.

PANIC 1

YOU MIGHT NOTICE

A racing heart, short breaths, spinning thoughts.

TRY THIS

Breathe in through your nose for 4 seconds. Hold for 4. Breathe out slowly through your mouth for 6. Do this 4 times. If holding feels hard, skip the hold.

WHY IT HELPS

A longer out-breath helps your body slow down.

ANGER 2

YOU MIGHT NOTICE

A tight jaw, a hot chest, the urge to snap at someone.

TRY THIS

Put both palms flat on a wall. Push hard for about 10 seconds, like you're trying to move it. Let go and breathe out. Do this 3 times.

WHY IT HELPS

Anger brings a lot of energy. Pushing lets your body use it without hurting anyone.

OVERWHELM 3

YOU MIGHT NOTICE

Everything feels urgent and you don't know where to start.

TRY THIS

Put your feet flat on the floor and take one slow breath. Write down everything in your head, every task and every worry. Circle one thing you can do in the next 10 minutes. Do only that, then pick the next.

WHY IT HELPS

Once it's on paper, your mind doesn't have to hold it all.

SADNESS 4

YOU MIGHT NOTICE

You feel heavy, flat or close to tears.

TRY THIS

Cross your arms so each hand rests just below the opposite shoulder. Tap slowly, left then right, like a heartbeat, for about a minute. This is called the butterfly hug. Breathe slowly and name what you feel: "I feel sad."

WHY IT HELPS

Naming a feeling makes it easier to stay with it.

Quick check-in

How do you feel now? Circle one.

◯ Not yet ◯ A bit calmer ◯ Much calmer

Which tool helped you most?

Other things I use

- Humming, or listening to calm sounds when I feel anxious
- Noticing my senses: what I can see, hear and touch right now
- Picturing a place where I feel calm
- Stretching before I meditate
- Saying my emotions out loud

A note from me

I use these tools every day. I sit with my feeling and allow myself to feel whatever I feel, without trying to change it. These tools help me do that.

Do the same feelings keep coming back?

If you keep asking yourself "what is wrong with me?", this is what I help women with one to one. I offer a free 30-minute call to talk about what's going on for you. There's no pressure to book anything after.

Book your free call: calendly.com/mayainbloomcoaching
Instagram: @maya_in_bloom_

SCAN TO BOOK



Maya
Recovering overthinker turned somatic & NLP coach

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