

Calming Techniques Guide

What Are Calming Techniques?

Calming techniques help soothe your mind and body, reduce stress, and restore a sense of peace. Use these practices anytime you want to unwind, relax, or rebalance your energy.

1. Deep Breathing Techniques

- Slow belly breathing
- Inhale for 4, exhale for 6
- Box breathing (4–4–4–4)

2. Gentle Movement

- Stretch shoulders, neck, or back
- Take a slow walk
- Roll your shoulders or shake out tension

3. Sensory Soothers

- Wrap in a soft blanket
- Hold something warm or cool
- Light a candle or use calming scents

4. Environmental Comforts

- Dim lights
- Soft music or nature sounds
- Create a quiet, cozy space

5. Mindfulness & Visualization

- Picture a peaceful place
- Focus on one calming sound
- Engage in mindful observation

6. Emotional Soothing

- Place hand over heart
- Repeat calming affirmations
- Speak kindly to yourself

7. Faith-Friendly Comforts (Optional)

- Whisper a short prayer
- Read a comforting Scripture
- Repeat a truth-based affirmation

Reflection Prompt

Which calming techniques helped the most today?
What can I use again tomorrow?