

## Calming Methods

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**Directions:** These Calming Methods are discussed in the Tool section of the website. You can use this handout to take notes on when you watch the videos. Check “To Develop” for those you want to practice so they are second nature for you when needed. Check “To Use” next to methods you want to use for specific stressful situations. Consider printing this and having different configurations based on the type of stressor you are experiencing.

Method		To Develop	To Use
<b>Breathwork</b>	Vagus Nerve Support (helps to calm the body):		
	<i>Slow inhale, hold for 2-3 seconds, exhale longer than inhale</i>		
	<i>Two quick inhales followed by one long exhale</i>		
	<i>Alternate nostril breathing</i>		
	<i>Box breathing: Inhale, hold, exhale, hold, repeat. Hold each for 3 sec.</i>		
	<i>Pull down on ears and breathe</i>		
	Breathe through the nose		
	Conscious Breathing. Aware without changing breath		
	Use phrase with conscious breathing (e.g. So-Calm, One-Now, One-Love)		
	Notes:		
<b>Relaxing the Muscles</b>	Shaking		
	Blowout		
	Forehead Hold		
	Walk or run		
	Diaphragm Release		
	Body scan (Review each part and relax. Can tense first then relax)		
	Notes:		

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<b>Visualizations</b>	Imagine running & running		
	Imagine safe & calming/peaceful place Include sensory cues (e.g. sounds or warmth) Find an anchor/symbol that will help you feel safe & peaceful. Hands on heart chakra and breathe in the anchor/symbol		
	Imagine how you'd like to be. Release judgments, embrace possibilities		
	Notes:		
<b>Life Force Energies</b>	Daily Energy Balancing (see Fuel section) Can do daily or when tuned into stress		
	Triple Warmer Meridian:		
	<i>Triple Warmer Reactivity when stress is 8-10</i>		
	<i>Triple Warmer Spleen Hug. Can add rocking</i>		
	<i>Trace Triple Warmer backwards</i>		
	<i>Triple Warmer Smoothie</i>		
	<i>Sedate Triple Warmer</i>		
	<i>Hold or tap back of hand/gamut point, between little &amp; ring finger</i>		
	Stomach Meridian for grounding and calming Tap on top of cheek bone below the eyes Hold at same spot		
	Clear the Gaits in feet, then tap on K27 below collar bone		
	Hold the Chakras:		
	<i>Heart &amp; head chakras</i>		
	<i>Hold 3rd chakra, other hand moves to all other ones from top of head to root. Thinking; "All the times and ways I have felt x"</i>		
	Tapping for Thriving (see Fuel section)		
	Hold chakras or tap in resources.		
	Notes:		

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Behavioral	Leave a stressful situation. Call for a timeout with a friend or partner		
	Have a Favorite Spot. Chair/blanket etc.		
	Hydrate with something soothing & non-alcoholic		
	Butterfly Hug (EMDR)		
	Balance w sleep, eating, hydration, exercise, etc.		
	Comforting teas		
	Grounding Clearing gaits Forest Bathing Waling barefoot on wet grass		
	Create a calming music playlist		
	Aromatherapy Essential Oils, Mistlers, candle		
	Acupuncture		
	Squeeze a ball or towel		
	Talk to others...but not reliving victimization, rather have support in learning from it		
	Talk out loud to yourself or an imaginary person		
	Support groups such as Al anon, AA, Meetup.com, etc.		
	Being creative. Let emotions express themselves in creativity. No judgment		
	Movement, dance, yoga, tai chi		
	Laughter. Create YouTube playlists		
	Be playful/silly/spontaneous/have fun		
	Journaling...OK to start with stream of consciousness, but don't reenact stress, support and be curious about it.		
	Play with a pet		
	Notes:		

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Perceptual Choices	Reframe—choose to view something differently		
	Look what has happened FOR me vs TO me. Adversity is a teacher		
	Saying Yes vs No to life. Embrace vs Resist. It is what it is.		
	Intentions as a horizon to be drawn towards vs pressure to meet a goal		
	Focus on the Gain vs the Gap		
	Complete Acceptance of yourself and others (see Tool)		
	Provide own encouragement, nurturement, compassion, and love (See Self-Compassion Tool)		
	Notes:		

**Remember to:**  
*Recognize....Release...Return*

*Be aware, choose to release reactivity, and return to be grounded, open-hearted,  
and connected to your deeper essence.*