

Calming/Clearing Methods Options

Doug J. Moore, Ph.D. - Clinical Psychologist, Life Coach, & Spiritual Teacher www.DougJMoore.com | www.ThriveandAwaken.com

Directions: These Calming Methods are discussed in the Tools section of the website. There are several ways to use this handout. First, you can take notes on it while you watch the videos. Second, you can put an X in the “To Develop” column to indicate which methods you want to spend more time practicing. Third, use the “When Helpful” column as a reminder to use that method in certain situations (e.g., giving a presentation, discussing a contentious topic with a family member, dating, etc.). Use the “Notes” section for additional thoughts.

	Method	To Develop	When Helpful
Breathwork	Vagus Nerve Support (helps to calm the body):		
	1. Slow inhale, hold for 2-3 seconds, exhale longer than inhale		
	2. Two quick inhales followed by one long exhale		
	3. Alternate nostril breathing		
	4. Box breathing: Inhale, hold, exhale, hold, repeat. Hold each for 3 sec.		
	5. Pull down on ears and breathe		
	6. Breathe through the nose		
	7. Conscious Breathing. Aware without changing breath		
	8. Use phrase with conscious breathing (e.g. So-Calm, One-Now, One-Love)		
	Notes:		
Relaxing the Muscles	1. Shaking		
	2. Blowout		
	3. Forehead Hold		
	4. Walk or run		
	5. Diaphragm Release		
	6. Body scan (Review each part and relax. Can tense first then relax)		
	Notes:		

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	Method	To Develop	When Helpful
Visualizations	Imagine running & running		
	Imagine safe & calming/peaceful place Include sensory cues (e.g. sounds or physical sensations) 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:		
Life Force Energies	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 the Triple Warmer Meridian backwards</i>		
	<i>Triple Warmer Smoothie</i>		
	<i>Sedate Triple Warmer</i>		
	<i>Hold or tap back of hand/gamut point, between little & ring finger</i>		
	Stomach Meridian for grounding and calming Tap on top of cheek bone below the eyes Hold on same spot		
	Clear the Gaits in feet, then tap on K27 below collar bone		
	Hold the Chakras:		
	<i>Heart & 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		
	Hold the Belly Center		
	Notes:		

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	Method	To Develop	When Helpful
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 with sleep, eating, hydration, exercise, etc.		
	Comforting teas		
	Grounding Clearing gaits Forest Bathing Walking barefoot on wet grass		
	Create a calming music playlist		
	Aromatherapy Essential Oils, misters, candles		
	Acupuncture		
	Squeeze a ball or towel		
	Talk to others...but not reliving victimization. Ask for 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. Try being curious with managed emotions.		
	Play with pet		
	Notes:		

	Method	To Develop	When Helpful
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, nurturing, compassion, and love (See Self-Compassion Tool)		
	Notes:		

Remember to:

Recognize....Release...Return

*For the methods you marked as wanting to develop further, consider joining
"Conversations with Doug" and have him help with that."*