



Return to Calm

Four body-based ways through an intense moment

When emotion is very high, reasoning may not be the first door back to yourself. Choose one body-based practice, keep it brief and notice what shifts. The goal is not to erase the feeling; it is to create enough steadiness for your next safe choice.

PAUSE AND CARE

Avoid extreme cold, breath-holding or intense exercise if these are unsafe for your health. Adapt the practice or ask a medical professional.

Cool: try a cool cloth on your face or neck and breathe slowly

Move: walk briskly, shake out tension or use safe, suitable exercise

Pace the breath: make the out-breath a little longer than the in-breath

Release: gently tense and soften one muscle group at a time

Which practice feels safest and most realistic for me?
