



DISASTERSHOCK

STRESS-REDUCING TECHNIQUES FOR TRAUMA
FOR ALL AGES

6 Tips to Create Calm in the Brain & Body



1. SLOW YOUR PACE, SENSE YOUR BODY & BECOME AWARE OF YOUR THOUGHTS
2. GO TO YOUR FAVORITE PLACE IN NATURE & IMAGINE PLANTING ROOTS DOWN THROUGH YOUR FEET
3. HUM, CHANT, OR SING
4. SPLASH COLD WATER ON YOUR FACE TO HELP SHIFT YOUR MOOD
5. BREATHE WITH A LONGER EXHALE THAN INHALE
6. CONNECT WITH SOMEONE AND SHARE WITH THEM A FEELING OR THOUGHT YOU HAVE BEEN KEEPING INSIDE

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