



TAKE A STEP *Psychology*

Sour and Salty:- When you feel the onset of panic or overwhelm having sour lollies or salty chips can or strong flavoured gums and mints can help

Shake it out 1 min:- Start slowly bouncing on the balls of your feet then increase shaking the more comfortable you get and end in moving your entire body.

Then REST for 30 -60 second: come back to stillness, close your eyes and breathe into your belly

Heel Drop:- Stand on your tip toes, drop down to your heels and make a thud, find a rhythm, feeling all the weight of your body move through your hips, legs and feet.

Then REST for 30 -60 second: come back to stillness, close your eyes and breathe into your belly

Legs up wall:- Find a space where you can easily get in and out of this pose, lie down with bottom near wall and get yourself as close as you can to the wall so your legs can go up wall.

Grab a pillow if you need and even place a cold face mask over your eyes.

If you can tolerate 2-5 that would be amazing, then roll to one side to help get out of this pose. This is a great one before bedtime to do.

Butterfly hug:- Link your thumbs together and palms facing your body gently tap your shoulders (opposite hand to opposite shoulder)

The Basic Exercise (Stanley Rosenberg)

- Interlace the fingers and support the back of your head. Centre the head in the hands.
- Move the eyes to the left whilst keeping the head central – allow the breath
- Return the eyes to centre
- Move the eyes to the right whilst keeping the head central – Allow the breath
- Return the eyes to the centre
- Repeat 2-3 times
- Notice the impact of this practice

Splash cold water on your face:- If you experience anxiety symptoms, research shows that cold/ ice water can slow down your heart rate and signal your body to relax.

One current trend that you may have heard about is icing your vagus nerve. This is when you lay a cold compress on your chest or the back of your neck to help stimulate your vagus nerve in hopes it will signal your body to relax and move it out of fight or flight.

Self Compassion:- Self-Compassion and the practice of self-generating positive emotions can activate the feeling of safety and connection in your nervous system. Remember your brain cannot differentiate between anticipatory thought driven from stress and actual physical danger. When you focus on fears and worries, you activate your fight and flight nervous system. When you shift your focus to positive feelings like love compassion and goodwill towards yourself and others, you calm your stress response and activate the safe, calm and connected feelings.

The world's most relaxing music (apparently):

<https://www.bing.com/videos/riverview/relatedvideo?q=weightless+marconi+union&mid=50ED0A5835A3925F088A50ED0A5835A3925F088A&FORM=VIRE>

More Ideas to help you regulate:

TIPP Skills: https://dbt.tools/distress_tolerance/tip.php

Window of Tolerance: <https://nicabm-stealthseminar.s3.amazonaws.com/Infographics/window-of-tolerance/NICABM-InfoG-window+of+tolerance.pdf>

Insta pages that may be helpful:

@annatheanxietycoach
@innerglowtherapy
@talkwithtabatha
@robyn.gobbel
@the.holistic.psychologist

When you may need a bit more support here are some numbers to call:

<https://www.sane.org/get-support>

<https://www.lifeline.org.au/>

<https://griefline.org.au/>

<https://www.health.nsw.gov.au/mentalhealth/Pages/mental-health-line.aspx>