

**10 QUICK WAYS
TO CALM DOWN**
Cheatsheet

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*Revisit the blog article [here](#) for more guidance.

- 1. Focus on your belly.** Pay attention to how it inflates and deflates with air. Breathe deeply. Keep focusing on your belly until you feel calmer.
- 2. Imagine roots growing out of your feet.** Breathe deeply. Visualize energy flowing down to your feet as you exhale.
- 3. Pay attention to your body's contact to the floor or chair.** Focus on how the chair feels against your back. Be mindful of the hardness of the floor under your feet.
- 4. Leave the room.** As inopportune as it may be, leaving the room keeps you from hurting others or getting hurt yourself. Create the space to calm down.
- 5. Run.** How far do you need to run (or walk) until your frustration disappears? Deliberately follow the rush of your emotions by sprinting it out.
- 6. Do housework.** Folding laundry or putting things away makes you feel like you can control your world (even if it's only a small part).

7. Take a shower. Escape the chaos and take care of yourself first. A shower seems to wash away at least a part of our woes every time.

8. Read funny comics. Laughter reduces stress and improves your mood. Funny comics put things in perspective and lighten you up pronto.

9. Write freely. Set a timer for 5 minutes and jot down all your thoughts and feelings. Avoid judging yourself. Shred the piece of paper when you're done.

10. Listen to your favorite music. Using headphones puts the outside world on hold while you relax in your space. Feel the tension dissipate.

P.S. Want some personalized help to find inner peace? Check out my [coaching services here](#).