



Thought Calming Ideas

Level 1: Use your brain

- Think of a memorized scripture, poem, or song in your head
- Count or name things around the room
- Think through the steps of a common process
- Name all 50 states or think through a similar list

Level 2: Use your brain with small body movements

- Color a picture
- Say OUT LOUD your memorized scripture, poem, or song lyrics
- Rub aromatherapy lotion in your hands, close your eyes, and breathe in deeply for 5 minutes
- Put on an eye mask and listen to music while focusing on the lyrics or instruments
- Focus on deep breathing (like in yoga) for 5 min

Level 3: Use your brain with big body movements

- Exercise for at least 20 minutes: yoga, walking while listening to music, dancing, etc.
- If you can't exercise, try singing, clapping, or stomping along to a song