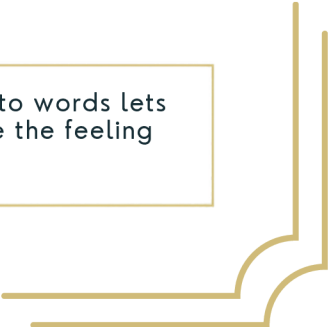




Name It to Tame It

Say the feeling out loud or in your head: "I feel ____." Naming it is enough.



Brain note: putting a feeling into words lets your thinking brain help settle the feeling brain.



Balloon Breaths

Breathe in slowly and imagine a balloon filling in your belly. Breathe out slowly and let it empty. Try it five times.

Brain note: slow belly breathing signals your body's calm system (the vagus nerve) to turn the alarm down.





5-4-3-2-1 Senses

Name 5 things you see, 4 you can touch, 3 you hear, 2 you smell, 1 you can taste.

Brain note: noticing your senses pulls attention to right now and loosens the worry loop.



Feet on the Floor

Press both feet flat on the floor.
Feel the ground hold you up.
Wiggle your toes, then go still.



Brain note: feeling the ground (grounding)
tells your brain you are safe and steady here.



Butterfly Hug

Cross your arms, rest each hand on the opposite shoulder, and tap left, right, left, right, slowly.



Brain note: slow, even tapping on both sides can help your brain settle big feelings.



Trace a Shape

Trace a square in the air or on your hand. Breathe in along one side, out along the next.

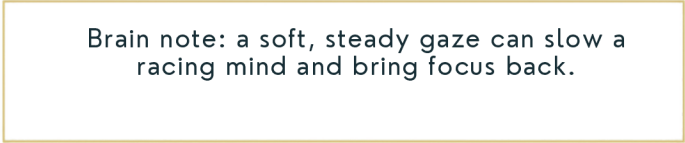


Brain note: pairing a slow shape with your breath gives busy thoughts one calm thing to follow.



Anchor Your Eyes

Pick one still object. Rest your eyes on it and notice its color, edges, and shape until you feel steadier.



Brain note: a soft, steady gaze can slow a racing mind and bring focus back.



The Brave Pause

Stop. Take one slow breath. Then
ask yourself: is this a REAL alarm, or
a FALSE alarm?

Brain note: a pause gives your thinking brain
time to catch up with your alarm.