

INSPIRED BY THE BOOK, THE CHEMISTRY OF
CALM, BY HENRY EMMONS, M.D.

FIVE WAYS TO QUICKLY CALM THE MIND

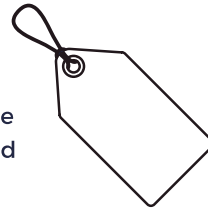


BREATHE

Focus on the in breath and the out breath for 10 inhalations and exhalations. Feel the air moving in and out of the body. Notice your belly and chest rising and falling.

LABEL THE EMOTION

Give the emotion a name: anger, fear, sadness, grief, loneliness or hurt. Recognize that your brain is awash in the physical and mental sensations of a specific emotion.



MOVE YOUR BODY



Stretch, bounce, do some yoga poses, walk around your home, dance, sway or wiggle. Move your body to start working the tension and tightness out of your muscles, abdomen, chest and throat.

JOURNAL

Writing your thoughts down on paper creates clarity and helps you make sense of your feelings.



GET SOME FRESH AIR



Moving outside can initiate an energetic and physiological shift that immediately impacts the nervous system. Walk on the grass in bare feet, stare up at the sky, and allow your focus to move to the breeze, the birds and the clouds.



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WITH HENRY EMMONS (EPISODE #81)
ON THE 60 MINDFUL MINUTES
PODCAST:

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