

Things to do regularly to calm the nervous system and feel safe.

- Pause: keep pausing throughout the day.
- Orientate: Feel the surface supporting your body
Notice your breath
Look around slowly with interest

(Move between all 3 above)

- Notice any tensions in your body. Notice the tensions for a while. Relax the tensions.
- If you feel activated take slower, longer out breaths.
- Reassure yourself that you are safe. Whatever words or thoughts help.
- Focus on your kidney/Adrenals. Tell them they are safe to relax. There is no need to brace or be in fight/flight. They can go back into fight/flight in a nano second if they need to.