

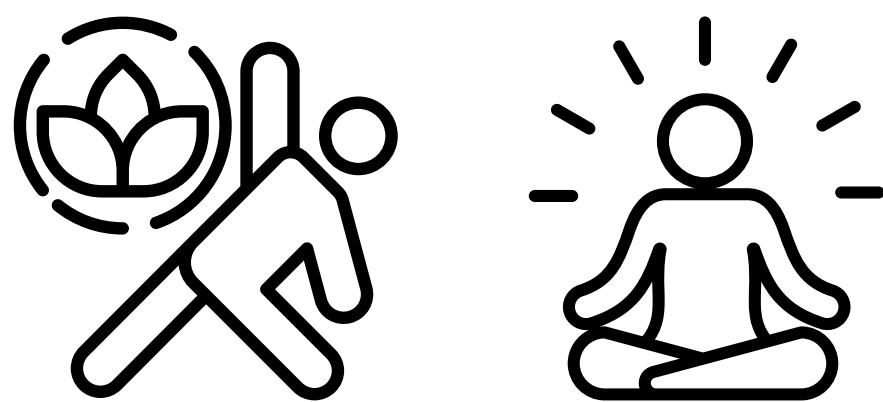
Calming techniques for when you are overwhelmed

In heightened emotional states, your body's stress response—the fight, flight or freeze system—takes over. It's designed to protect you, but it can also make it harder to connect, listen, and make thoughtful decisions. Calming the nervous system helps bring you back to balance.

Many calming exercises combine both internal and external sources to soothe the nervous system. The most important factor is finding and practicing a technique that works for you. One you can use and apply in times of overwhelm before attempting to proceed further in helping your child.

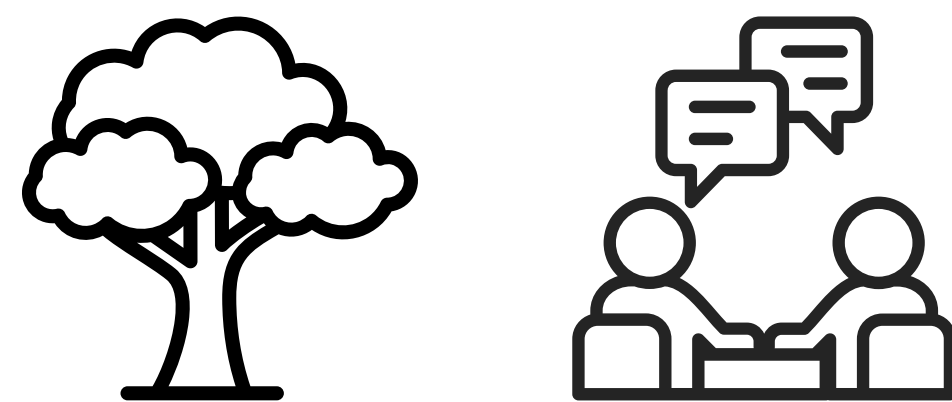
Some start from within:

like yoga, Tai chi or mindfulness.



Others draw on the world around us:

like stepping outside or connecting with someone we trust.



Breathing is one of the simplest and most powerful techniques to regulate your nervous system. Even a few rounds of slow, conscious breathing can shift how you feel. And when you're calm, your child's nervous system senses that calm too. **Calm is contagious.**

Breathing slowly and deeply—especially through your nose—helps calm the body and activate the parasympathetic nervous system, the part of your body that restores balance and rest. Your heart rate begins to slow and your muscles release tension with each slow breath out.

**Take a deep breath in through your nose.
Then, SLOWLY exhale it out.**

