

Quick Calming Strategies



Count 1 to 7

First, count from one to seven on each "in" breath . . .



Count 1 to 11

. . . then, counting at the same rate, count from one to eleven on each "out" breath

Technique - Labelling – Name it to tame it!

Give thoughts a descriptive neutral label to lessen their impact and disengage from them.

Without using a personal pronoun – So **don't use:** I Me, My

- **Instead use:** That is, It is, there is,
 - It's planning
 - That's future
 - That is ruminating
 - That's rehashing
 - That's past
 - That's remembering
 - That's day dreaming



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