

STRESS MENU

Ear Massage

Activate your vagus nerve through an ear massage - massage circles gently where your airbud would sit.

Burrito Wrap

Wrap yourself up snug & tight in a cosy blanket like a burrito & take lovely deep breaths

Cold Exposure

Hold ice on back of neck or over top lip, run hands/wrists under cold water, dunk face in cold water or try a cold blast at the end of your shower.

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5 things you can see
4 things you can feel
3 things you can hear
2 things you can smell
1 thing you can taste

1 thing

Ask yourself; what is 1 simple thing I could do right now that might make me feel 1% better? Or what is 1 thing I can outsource to reduce my stress-load?

Containment Hold

Tuck your left hand under right armpit and wrap right arm over left in a comfort hold. You can rock back & forth & breathe deeply here

Butterfly Taps

Cross your arms over your chest with your hands on your shoulders. Tap your hands back & forth slowly like a comforting heartbeat

Heel thuds

Raise up onto the balls of your feet then drop back onto your heels with a thud. Notice the sensations created up into your legs & pelvis

Belly Breath

Put something on your belly, like a book, a blanket or a teddy. As you inhale your object rises up. As you exhale it settles and lowers down

Glimmers

Take some time in your day (maybe before bed) to note down a list of glimmers from your day; things that made you feel safe, joyful, peaceful or content

Safe Place

Close your eyes & imagine a safe & happy place - It can be somewhere you love to go or imaginary. Picture all the details & enjoy the feeling of calm

Wall Push

Push with all your might against a wall to help you get out any anger

Shaking

Shake out your arms and legs, peddle your heels, wiggle and bounce. Shake off the stress energy & activation

Heel Pedals

Stand and pedal your heels as though walking or running, play with the pace and allow your legs to shake and jiggle

Low Stim Shower

Light a candle or dim the lights and take a shower where you move slowly & tune in to your senses.

Palms over Eyes

Warm your hands by rubbing your palms vigorously together then press them gently over your eyes

Havening

Sweep your hands over your chest, down your arms & face etc. Optional: look left for 30 seconds then right for 30 seconds without moving your head.

Earthing

Head outside (either in your backyard or on a nature walk) and ground your bare feet into the earth while connection with your breath

Alternate Nostril Breath

Block your right nostril, inhale through your left. Block your left nostril. Release your right & exhale through your right. Inhale through right then block & exhale left & so on.

Brain Dump

Set a timer for 10 minutes and jot down everything on your mind. Optional: Highlight the things you can control & make a plan to address them

Seaweed Sway

Sway gently side to side (seated or standing) like seaweed in an ocean current

Tense & Shake

Tense up a muscle group or all your body and hold for 7 seconds then shake it out

Comfort Colour

Pick a favourite colour & imagine it wrapping around you like a safe glowing light. Then look around the room & see what you can find with your colour on it

Sound Scan

close your eyes & listen to all the sounds around you. Name what you can hear, near & far

Well Done Game

Throughout the day say to yourself "well done (your name here)" every time you finish a task or do something healthy/helpful.

Squeeze & Tap

Squeeze &/or tap down each arm, your chest, your legs to connect to your body. Breathe deeply here.

Vagal Activation

Tilt your left ear towards left shoulder and look as far up and right as you can. Hold 30-60 seconds & repeat on other side.

Vocal Calming

Hum, sing or gargle.
Make the sound "voo" or "mmm" on your exhale.
Or connect with and talk/laugh with a friend or loved one.

Boundary Sweep

Imagine a protective boundary around yourself; move your arms out around you like pushing through water. Slowly sweep your hands over your body feeling all your edges.

Warmth

Place a hot water bottle/heat pad or weighted blanket over your chest, hips or belly and spend 5 minutes sinking into the sensations