

Practical Techniques to Stay Calm

Stress is a part of life, especially for parents juggling so many responsibilities. These simple, effective techniques can help you reset and find your calm, even during the most overwhelming moments.

Mindful Breathing Techniques

Mindful breathing helps calm your nervous system by slowing your breath and bringing your awareness back to the present moment.

Try these simple techniques:

- 4-7-8 Breathing: Inhale for 4 counts, hold for 7 counts, and exhale slowly for 8 counts. Repeat 3–4 times.
- Box Breathing: Inhale for 4 counts, hold for 4 counts, exhale for 4 counts, pause for 4 counts, then repeat.

Grounding Techniques for Quick Stress Relief

When your mind is racing, grounding brings you back to the here and now.

- 5-4-3-2-1 Method:

- 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

- Tapping (EFT): Gently tap on specific body points (like your collarbone or the side of your hand) while taking deep breaths.

- Essential Oils: Inhale calming scents like lavender or eucalyptus for an instant reset.

Physical Stress Relievers

Releasing tension through movement helps restore a sense of calm and control.

- Neck Roll: Drop your chin to your chest and slowly roll your head from side to side.
- Shoulder Rolls: Raise your shoulders up, roll them back, and release. Repeat several times.

- Seated Twist: While sitting, place one hand on the opposite knee, gently twist your torso, and hold.

- Body Scan: Close your eyes and slowly bring attention to each part of your body, starting from your head down to your toes, releasing tension as you go.

Mindset Shifts & Self-Talk

What we say to ourselves matters. Reframing negative thoughts helps us stay grounded and confident.

Instead of: 'I'm failing' → Try: 'I'm learning and doing my best.'

Instead of: 'This is too hard' → Try: 'I can handle this one step at a time.'

Affirmations like 'I am calm, capable, and in control' can help reset your mindset in tough moments.

Write your own affirmation below and keep it where you can see it:

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