



# CALM YOUR MIND

## MIND-BODY PRACTICES

“ *Never in the history of calming down has anyone ever calmed down by being told to calm down.* ”

Author Unknown

### EXERCISE 1: C.A.L.M.

When you feel agitated or distracted, try this whole-body method to bring you back into the present.

**Chest**

- 1 Start in a comfortable sitting position and close your eyes.
- 2 Concentrate on your chest. Do you feel any sensations? Notice your heart beat. Does your chest feel tight or loose?
- 3 Squeeze the muscles in your chest. Hold for a few seconds and then relax. Notice the differences you feel in your chest and heart rate.

**Arms**

- 4 Concentrate on your arms. Do they feel tight or tense? Are your shoulders relaxed? What about your hands? Are your hands in fists or open?
- 5 Squeeze all the muscles in your arms, shoulders and hands. Hold for a few seconds and then relax. Notice the difference you feel in your arms and shoulders.

**Legs**

- 6 Concentrate on your legs. Do they feel tight or tense? Is there any tension or nervous movement? Are your feet resting comfortably on the floor?
- 7 Squeeze all the muscles in your legs and feet. Hold for a few seconds and then relax. Notice the difference you feel in your legs and feet.

**Mind**

- 8 Concentrate on your mind. How are the quality of your thoughts and emotions?
- 9 Take a minute to listen to your brain, then clear it and open it up for outside communications.
- 10 Finish by checking in with your body in general. Do you feel more calm? Do you feel more in the present?

“ *Breath is like a remote control for your body. When controlled, it can change your body, mind, and wellness.* ”