

# Calming Activities

1. Take a warm bath. Lavender bath salts are known to promote relaxations and calmness.
2. Surround yourself with calming scents.
3. Take deep breaths.
4. Find a quiet room. Sit in a comfortable chair. Close your eyes and think only of your breathing. Clear you mind of all other thoughts. If other thoughts come into your mind – replace them with “breathe in, breathe out”.
5. Go for a walk or run in nature – in a park, river valley or on the trails.
6. Take up yoga.
7. Watch Lava Lamps
8. Spend some time gardening.
9. Play with an animal or pet.
10. Listen to music.
11. Play a musical instrument.
12. Use headphones to block out other noises.
13. Read a book.
14. Use a small tent to read books in.
15. Relax in an Ikea Egg Chair.
16. Spend time rocking in a chair.
17. Participate in craft activities that you enjoy.
18. Practice the traditional Chinese medical “Qi Gong” daily.
19. Have a deep pressure or calming massage.
20. List 3 things that you are grateful for in the last 24 hours and be specific.
21. Think about a positive experience that you have had in the last 24 hours. Write everything down in detail.

