



25 Calming Techniques That Take 5 Minutes Or Less

A Gift To You From [Eliana's Light](http://www.elianaslight.org)

1. Practice the S.T.O.P Technique:

S: Stop what you are doing for a moment.

T: Take a breath. Concentrate on the flow of your breath in and out.

O: Observe your thoughts, feelings, and physical state. Notice your thoughts and let them be or pass. Name your emotions. Notice your body, its posture. Are you hungry or thirsty? Do you have any aches or pains?

P: Proceed with something that will be helpful to you as you address the particular cause of stress. You might choose to find a friend to talk to, eat a nutritious snack or meal, or stretch to relieve body tension.

2. Watch a leaf move on a tree branch.
3. Feel how your feet feel on the floor or in your shoes.
4. Stand outside, close your eyes, and really listen to the sounds.
5. Listen to meditative music, the sounds of nature, or a guided meditation on an app (e.g., Headspace, Art of Living, Calm, etc.) or via YouTube.
6. Make a cup of herbal tea.
7. Count how many breaths you breathe in 5 minutes, closing your eyes and setting a timer.
8. Give a person, a pet, or yourself a hug for at least 8 seconds.
9. Watch a funny comedy sketch on YouTube.
10. When sitting, bend forward to put your head between your knees and let your hands fall to the floor.
11. Dance—shake out your stress.
12. Smell flowers or calming essential oils (e.g., lavender)—taking a real moment to smell them.
13. Check your nutrition intake for the day, and consider if you need a supplement (e.g., Vitamin B, Vitamin B12, Omega3s, etc.).
14. Do a positive visualization exercise, closing your eyes and imagining (with a feeling of gratitude) the life or a situation you want, feeling it already in existence.
15. Splash cold water on your face.
16. Stretch.
17. Turn off any noise you can (e.g., TV, radio, etc.) and just sit, noticing the things around you.
18. Express gratitude for specific people, circumstances, or things (in your mind or by writing them down).
19. Take 3 slow and deep breaths in, and make a loud noise each time you breathe out.
20. Light a candle and watch the flame dance, and then the smoke move after you blow it out.