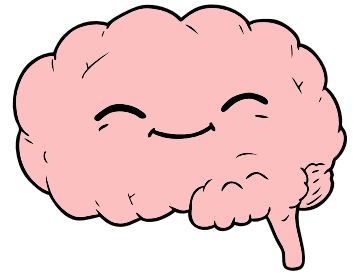


BRAINSTEM CALMERS

Regular Brainstem calmers can help us to manage and regulate big or difficult emotions. Try setting a reminder to do a short brainstem calmer every hour. They don't need to take very long, just as little as 30 seconds can help us to feel more calm and settled.



- Stamping feet/jumping up and down
- Sorting items by size/shape/colour/texture etc.
- Screaming into a pillow (which is less overwhelming than screaming into the air)
- Tearing up scraps of paper/popping bubble wrap
- Throwing and catching
- Blowing bubbles and breathing exercises
- Breaking dried spaghetti
- Taking the hand of someone you trust and do some brisk walking, or have a little run outside, it gives you an outlet and connection at the same time
- Pushing hands together in a prayer position or pushing on top of head (muscle relaxation)
- Grounding
- Pushing against a wall or lifting self up from a chair
- Songs to movement



Scan for a video full of information and ideas!



BRIDGE THE GAP