

**10 QUICK WAYS
TO CALM DOWN**
Cheatsheet

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*Click [here](#) for the blog article.

- 1. Focus on your belly.** Pay attention to how it inflates and deflates with air. Breathe deeply. Keep focusing on your belly till you feel calmer.
- 2. Imagine roots growing out of your feet.** Instead of getting swept away in negative emotions, ground yourself through visualization. Breathe deeply. If you like, imagine energy flowing down to your feet as you exhale.
- 3. Pay attention to your body's contact to the floor or chair.** Focus on how the chair feels against your back. Be mindful of the hardness of the floor under your feet.
- 4. Leave the room.** As inopportune as it may be, leaving the room keeps you from hurting others or getting hurt yourself.
- 5. Run.** How far do you need to run (or walk) till your frustration disappears? Deliberately follow the rush of your emotions by sprinting it out.
- 6. Do housework.** Folding laundry or putting things away makes you feel like you can control your world (even if it's only a small part).
- 7. Take a shower.** Escape the chaos and take care of yourself first. A shower seems to wash away at least a part of our woes every time.
- 8. Read funny comics.** Laughter reduces stress and improves your mood. Funny comics put things in perspective and lighten you up pronto.
- 9. Write freely.** Set a timer for 5 minutes and jot down everything you're thinking and feeling. Avoid judging yourself. Shred the piece of paper when you're done.
- 10. Listen to your favorite music.** Blast music that makes you happy. Absorbing music via headphones puts the outside world on hold while you relax in your space. Feel the tension dissipate.

P.S. Need help letting go of self-doubt, perfectionism and people-pleasing? Check out my [coaching services](#).