HEALTHY WAYS TO
CREATE CALM

Review this list of ways others have found to stay calm, cool and in control when feelings try to boss you.

Bounce a ball
Carve some wood or soap
Count to ten, twenty
Count your breath
Count the stars
Count your blessings
Create something
Crochet
Draw
Dance a jig, salsa, or jive
Do 10, 20, or 30 sit ups
Drink a glass of cold water
Drink a glass of warm milk
Drink a cup of hot chocolate
Drink a cup of tea
Hug a lover, friend, child
Hold a sleeping baby
Imagine happiness
Laugh
Knit
Jog
Pet a dog or cat
Play
Practice kindness
Read a poem
Read a book
Read the bible
Read the Buddha's sayings
Say a prayer
Sing a song
Smell a rose
Smell a gardenia
Smell some lavender
Study Torah
Walk
Take a nap
Take a warm bath
Take a cold shower
Wash your face in warm water
Wash your face in cold water
Write or recite a poem or a rap
Write in a journal

The bird with the ruffled feathers must get out of the wind.

Anonymous