

Soothing Stress

There's a difference between numbing and soothing yourself.

How do you sooth yourself? What nurtures your soul?

Learn about yourself. Circle what you love.

Going outside	Counting my blessings	Teaching
Cooking	Getting help from a	Cleaning
Baking	professional	Having fun
Snuggling	Receiving support	Hosting an event
Drinking a nice drink	Feeling safe	Learning something new
Eating a yummy food	Feeling loved	Having a purpose
Watching an inspiring show	Meditation	Feeling connected
Talk with friends	Prayer	Making a difference
Talk with family	Reading	Enjoying your possessions
Talk with a counselor	Journaling	Eating something healthy
Lighting a candle	Being creative	Getting good sleep
Take a sensory bath	Saying affirmations	Deep breaths
(bubbles, smells, candles, music)	Stretching	Enjoying beauty
	Yawning	Exercise

Notes

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The Perfect Yawn

How to tell your nerves to calm down so you can be
Cool, Calm, Collected, and Confident

Think about a time you felt the way you want to feel

Relax the eyes and forehead

Bring the tongue down from the roof of the mouth

Tilt your head side to side to loosen neck muscles

Bring your shoulders down from your ears

Yawn with a long exhale

Open the the space at the back of the throat

Loosen your jaw

Let your belly drop

Relax your gluts (butt)

Keep yawning

Wiggle your knees

Wiggle your feet

Massage your scalp

Stretch

Sigh

Mind the Minions

A fun way to get in touch with your feelings.

Mentally scan your body, heart, and mind for the "minions."

The ones wreaking havoc

Find the grumpy one, the sad one, the scared one, the angry one, the excited one. Imagine yourself having a conversation with your little minions, one at a time. Hear what they say. Use soothing words and tones to speak back to them, out loud or in your head. Imagine holding them and soothing them. Do you know what they need? If you don't know what they need, ask them. Perhaps create a safe, nurturing "space" for them where they can feel good. Watch them as they settle down and breathe.

Your little chaplains

Find the peaceful one, the hopeful one, the happy one, the loving one, the one who protects you, the kind one. Imagine yourself having a conversation with them, one at a time. Hear what they say. Let them say soothing words to you. Ask them: What do I need? They may show you something simple. Pay attention.

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Author of, *The Day I Threw Banana Bread and Almost
Went to Jail: True Stories About How I Used to Lose My
Temper (and How I Learned to Stop)*



Soothing Memory Meditation

1. Make time and space to soothe yourself.
2. Notice your physical sensations and emotions.
3. Stretch. Take three big yawns.
4. Think about one special moment in time you are deeply grateful for. Really think about the moment. Rebuild the memory in your mind. Remember sights, sounds, tastes and smells.
5. Think about one special moment in time when you felt nurtured. A time when you truly felt safe, loved and supported. Rebuild the memory in your mind.
6. Notice your physical sensations and your emotions now.
7. Stretch. Take three big yawns.

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tempercoaching.com

