



Self-Soothing Exercises

If you're feeling overwhelmed and don't have access to your usual relaxation routine, there are still ways you can self-soothe on the go. One fun activity that can help is getting creative! Grab a notepad or journal and start doodling. Sketching out simple shapes and images can be surprisingly calming, as it lets your mind wander without any pressure. Plus, you can use this time to brainstorm new ideas or explore thoughts that have been swirling in your head. You might be surprised by what comes out of it!

If art isn't for you, try simply taking a few deep breaths and counting down from ten to one. As each number passes, focus on releasing any tension or stress until all that's left is calmness and relaxation. Taking a few moments to practice this technique can make all the difference in your day!

Alternatively, you can try listening to a soothing playlist or podcast. Music and spoken-word audio can have a powerful effect on mood, so find something that works for you and indulge in some self-care wherever you are. These are just a few ideas to help you stay calm and collected when things get overwhelming - so take some time for yourself and don't forget to breathe!