

5

Ways To Calm Your Mind

Worry can take over your thoughts and make it hard to focus or relax. These five practical strategies can help you feel calmer and more in control.

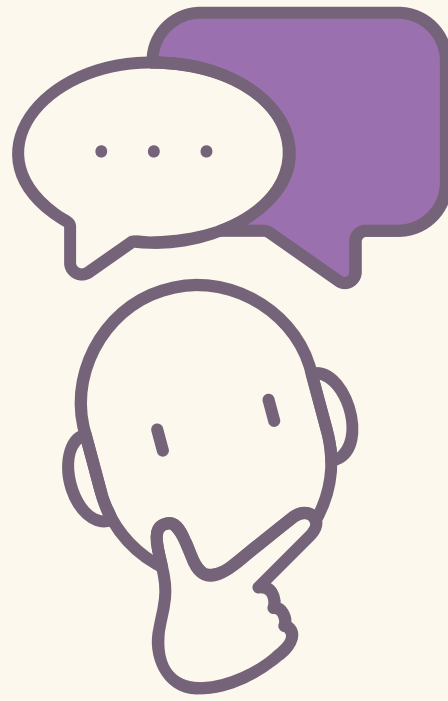
1 Mindful Breathing

Slows your racing thoughts
Try this: Inhale through your nose for 4 counts Hold for 4 counts Exhale through your mouth for 6 counts. Repeat for a few minutes, noticing your breath and letting tension fade.



4 Ground Yourself

Try this 5-4-3-2-1 exercise:
5 things you see
4 things you touch
3 things you hear
2 things you smell
1 thing you taste



2 Challenge Your Thoughts

Try this: • Ask: "Is this thought true? Is it helpful?" Consider alternative perspectives. Focus on what you can control, not what you can't.

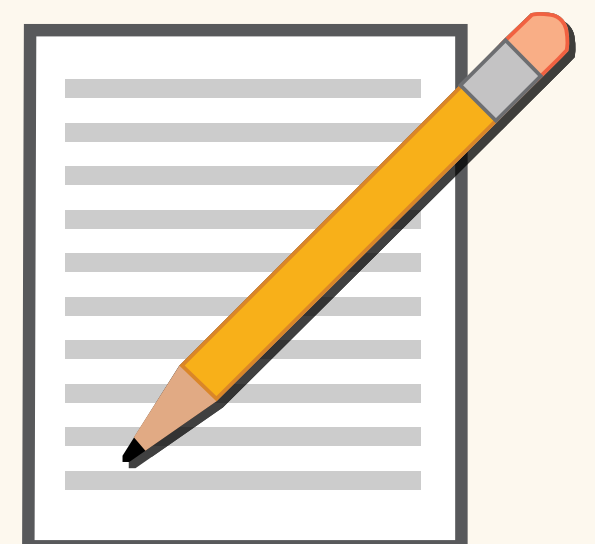
5 Remember

Calm doesn't mean your mind will be empty of thoughts-it means you have tools to manage them.

3 Move your body

Try this: • Take a walk, stretch, or do gentle yoga Even small movements like shoulder rolls or stretching your arms help your mind feel lighter.

Why it helps: Releases tension and anxious energy.



6 Do a 30-second "mind dump"

Write down every thought racing around. Seeing it on paper helps your brain stop looping.