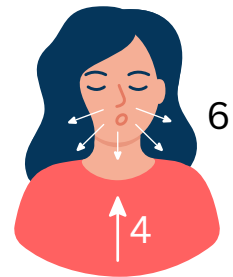


# Calm Mom List

## 1. 4-6 Breathing

Inhale for 4 seconds, exhale for 6 to calm your nervous system.



## 2. Shaking

Shake your arms, legs, and body for 30 seconds to release tension.



## 3. Humming

Hum a sound (like “mmm”) to stimulate the vagus nerve and relax.



## 4. Havening Method

Stroke your arms from shoulders to elbows while thinking of a calming thought.



## 5. Cold Exposure

Splash cold water on your face or hold your hands under cold water to reset stress levels.



# Calm Mom List

## 6. Butterfly Hug

Cross your arms, tap each shoulder alternately to self-soothe.



## 7. Grounding Touch

Place your hands on your heart and belly, take a deep breath, and feel your body.



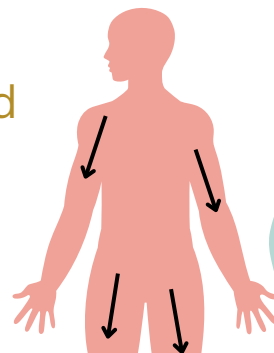
## 8. Sighing Breath

Inhale deeply, then exhale with a loud sigh to release stress.



## 9. Energy Clearing

Brush your hands over your arms and legs, as if sweeping away tension, to reset your energy.



## 10. Feet Awareness

Press your feet firmly into the ground, feeling the connection or ground outside in the grass.

