

7 Highly Effective Tools to Restore Peace Within for emotional/sensory overwhelm

- 1. Take a bath or shower or go swimming.** Let the waters wash away the too much.
- 2. Take a nature bath.** Get outside, connect with the beauty, healing and peace of nature.
- 3. Do some vigorous exercise.** Walking fast or running, dancing, biking, jumping on a trampoline, punching a punching bag...
- 4. Express what you are feeling with your body and voice/breath.** Shake, scream, sob, jump up and down. Let the story go of why you feel that way, and simply dive into the sensations of what you are feeling, letting them move you.
- 5. Write it out** in your journal or anywhere private. Say all you need to say. Let your own wisdom speak to you, if it's ready to do so.
- 6. Soothe yourself with peaceful sounds, scents, textures.** Put on relaxing, peaceful music or sounds, sweet, calming smells, soft fabrics, make a cup of your favorite tea.
- 7. Take ten deep, slow, smooth breaths.** Keep breathing deeply, focusing on letting the breath be smooth, deep and continuous.

Post this where you can find it easily.

*For more on how to use these tools, visit:
www.BrilliantPlayground.com/7tools_restore_peace*

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