

# Emotional Wellbeing Tools



I put together this collection of tools that work to create a more calm, stable, and relaxed mind and body. You can use them when need help managing an intense feeling , or when you sense becoming overwhelmed. Ideally, you should incorporate one or all of these tools into your daily routine. The point is to gradually "teach" your nervous system to become less reactive, which will give you freedom to act, rather than *react*.

Enjoy your practice!

# Calm Breath

## Box Breathing:

- Inhale to the count of 4
- Hold at the top to count of 4
- Exhale to the count of 4
- Hold at the bottom to the count of 4
- Repeat at least 5x.



## Alternate Nostril Breathing:

- Bring index and middle finger to rest on the forehead
- Close right nostril with your thumb and inhale through the left (slowly)
- Close left nostril with ring finger and hold for 4 sec
- Open right nostril and exhale (slowly). Inhale through the right.
- Close right nostril and hold for 4 sec.
- Open left nostril and exhale. Repeat 10x.

Remember: make exhales longer than inhales anytime you want to find more calmness!

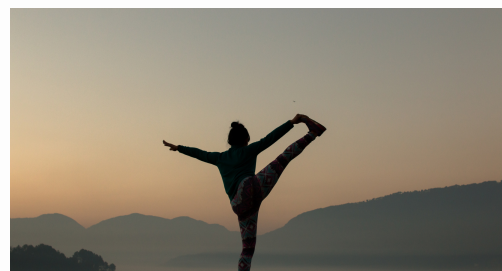
# Calm Body

These skills change your body chemistry to reduce effects of overwhelmed mind.

1. Temperature: Splash your face with very cold water or hold a cold pack to your face.
2. Intense exercise: HIIT, sprinting, fast walking, weights, dancing for 10 minutes or more.
3. Touch: have a bath or a hot shower, cuddle a pet or a loved one, sit in the sun and feel it on your body



Remember: even 10 minutes of movement a day is better than none. Consistency and routine is key - instead of relying on willpower, we rely on healthy habits!



# Calm Body

## PMRT (Progressive Muscle Relaxation Technique)

This technique helps you release tension you were not even aware of holding!

Ideally, you should do it every day before going to bed, or whenever you need to find more stability and relaxation during the day. It taps into your parasympathetic nervous system (PNS), and out of "fight or flight" mode.



## Guided PMRT:

- [Youtube \(6:32 min\)](#)
- [Insight Timer \(28 min\)](#)
- [With Yoga Nidra \(22 min\)](#)
- [PDF](#)

# Calm Mind

## Awareness/Mindfulness Skills

Train your mind to be in contact with the present moment. Why? Because it is essential for value-based living. If you are never fully engaged with what you are doing, you are missing out. Flexible attention is also key for self-awareness and self-compassion.

*The only time that we have any power is now.*

- Leo Tolstoy

## Dropping the Anchor:



**1. Silently acknowledge what is showing up inside of you:**

- Thoughts
- Feelings
- Bodily sensations
- Memories
- Urges

**2. Connect to your body:**

- Push your feet into the ground
- Sit straighter
- Push your fingertips together
- Slowly breathe

**3. Refocus your attention to:**

- 5 things you can see
- 4 things you can hear
- 3 things you can touch
- 2 things you can smell
- 04. • 1 taste in your mouth

# Calm Mind

## Leaves on a stream

- (1)** Sit in a comfortable position and either close your eyes or rest them gently on a fixed spot in the room.
- (2)** Visualize yourself sitting beside a gently flowing stream with leaves floating along the surface of the water. Pause 10 seconds.
- (3)** For the next few minutes, take each thought that enters your mind and place it on a leaf... let it float by. Do this with each thought – pleasurable, painful, or neutral. Even if you have joyous or enthusiastic thoughts, place them on a leaf and let them float by.
- (4)** If your thoughts momentarily stop, continue to watch the stream. Sooner or later, your thoughts will start up again. Pause 20 seconds.
- (5)** Allow the stream to flow at its own pace. Don't try to speed it up and rush your thoughts along. You're not trying to rush the leaves along or "get rid" of your thoughts. You are allowing them to come and go at their own pace.
- (6)** If a difficult or painful feeling arises, simply acknowledge it. Say to yourself, "I notice myself having a feeling of boredom/impatience/frustration." Place those thoughts on leaves and allow them float along
- (7)** If a leaf gets stuck, allow it to hang around until it's ready to float by. If the thought comes up again, watch it float by another time. Pause 20 seconds.
- (8)** If you become sidetracked, gently bring your attention back to the visualization exercise.

# Calm Mind

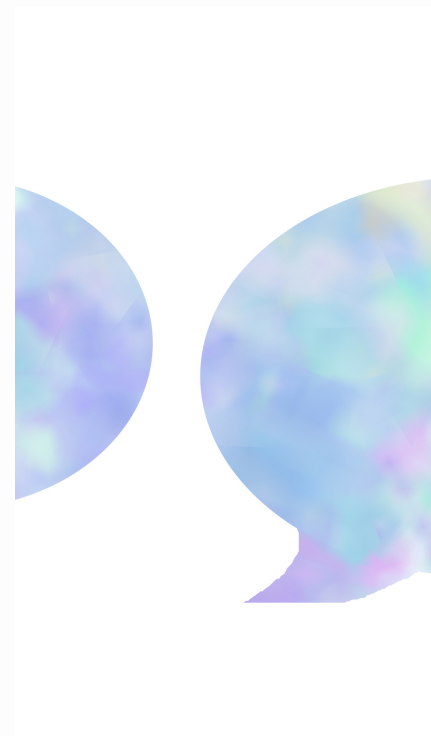
## Defusion from thought/Acceptance

Getting "hooked" or fused with difficult thoughts means getting totally wrapped up and "hijacked" by them. These skills help you "unhook" and refocus on what you want to do instead.

Recognize the  
anxious/depressive/negative  
thought and say: "I am having a  
thought that..."

Ask yourself: "If I let this thought  
dictate what I do, where will it take  
me? If I allow this thought to guide  
me, will I behave like the person I  
want to be?"

If you are struggling with a difficult  
feeling, practice the next set of skills  
- self-compassion.



# Calm Mind

## Self Compassion Skills

Self-compassion means giving yourself kindness and comfort in times of crisis, when you are struggling and suffering. It is what you would give to your loved one in their time of need. With self-compassion, we don't ignore or suppress, but rather mindfully acknowledge the painful moment. Self-compassion is not self-pity, indulgence or self-esteem. It replaces harsh self-criticism and self-judgment with understanding and grace.



1. Say to yourself: **"This is a moment of suffering"**. Mindfully acknowledge what is happening.

2. **"Suffering is part of life"**. Recognize that we are all in this together. Reflect on many, many people who are experiencing same or similar pain right in this moment.



3. **Place your hand on your heart**, or give yourself a hug :). Feel the warmth radiating.

4. Say: **"May I be kind to myself. May I forgive myself. May I be strong"** or whatever else would be good to hear.





# Calm Mind

## Loving Kindness

Practice of Loving Kindness (or Metta) is particularly recommended when struggling with feelings of **anger, jealousy, envy, or depression**. It is a method for regulating the limbic system, soothing, and releasing subjective feelings of suffering. Practice daily, or when negative internal events arise, 10-15 minutes. It might feel forced at first, but stay with it!

Sit comfortably, breath is relaxed,  
and unforced.

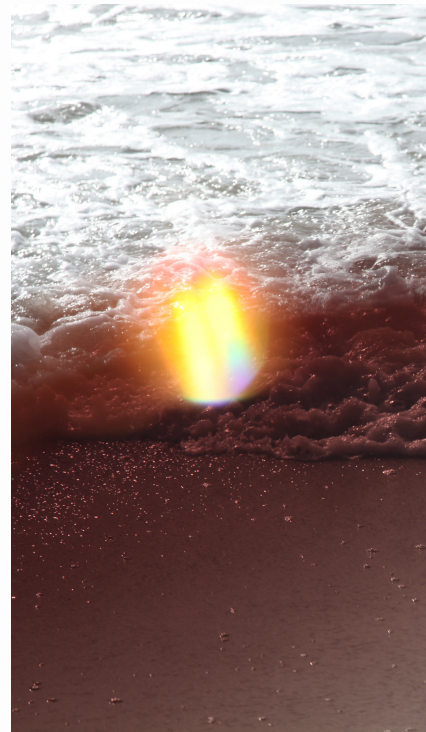
Connect with yourself.

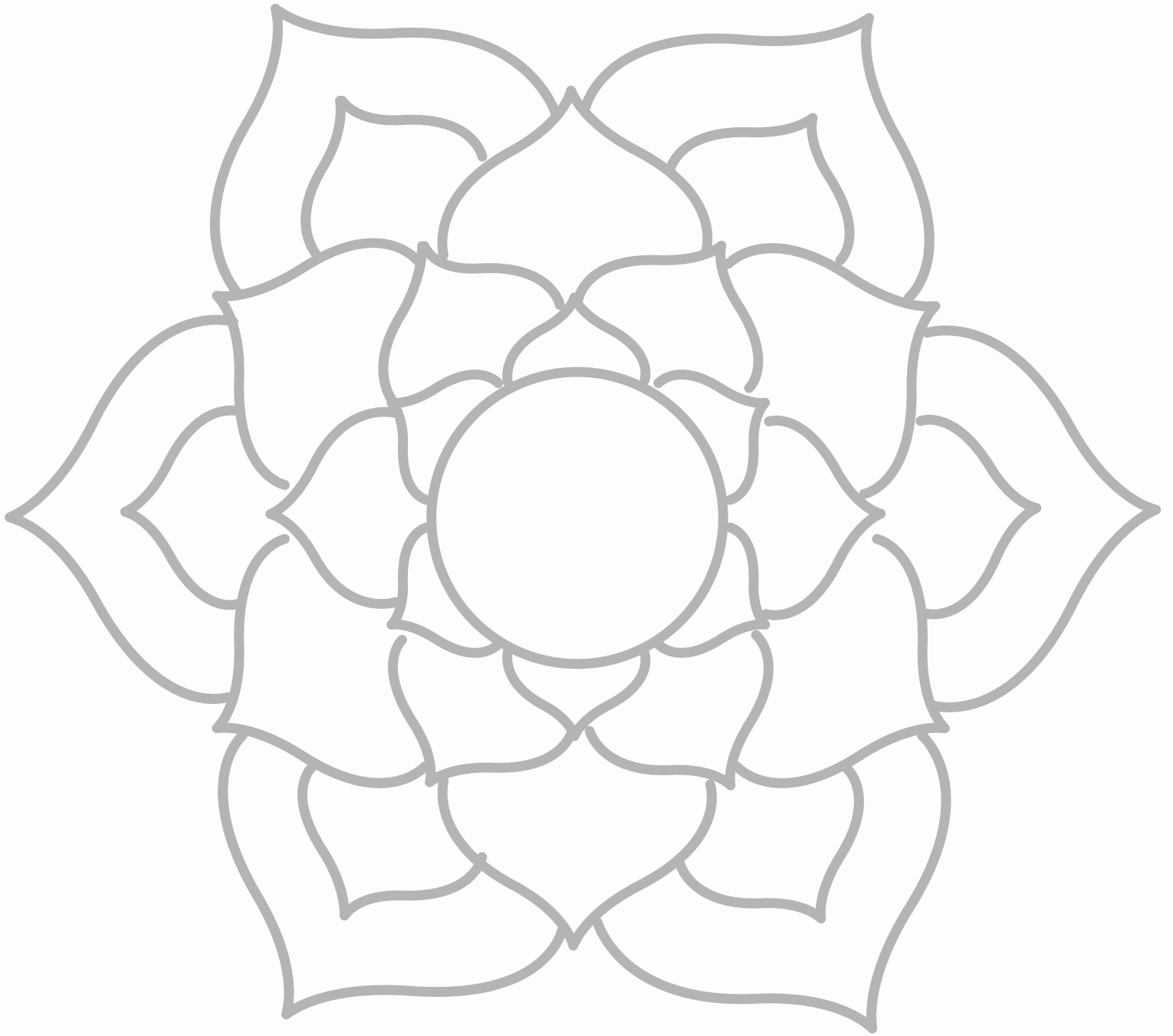
Repeat in your mind these phrases:  
"May I be happy. May I be healthy.  
May I be free from suffering."

As you do this, imagine yourself as  
you are now, or as you were as a  
child.

Now, imagine someone in your life  
whom you love. Repeat these  
phrases for them: "May you be  
happy. May you be healthy. May you  
be free from suffering".

Finally, move on to someone  
neutral, or even someone who is an  
object of your anger or envy. Repeat<sup>06</sup>  
the same phrases for them.





Jasmina Mimica, MA, MBA, MHC, Psychotherapist  
[kintsugi.live](http://kintsugi.live)