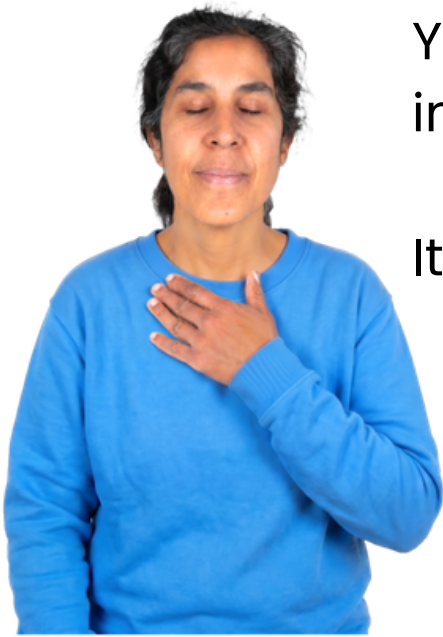


# HOW TO CALM YOUR BODY AND FEEL BETTER



# Your body helps you understand how you feel



Your body is always giving you information.

It can help you notice when you are:

- Calm
- Happy
- Relaxed
- Tired
- Feeling stressed



All of these feelings are normal.

Your body can feel many different ways during the day.

## Your body also helps you enjoy feeling good



You might notice:

- Your body feels light and relaxed
- Your breathing feels easy
- Your body feels comfortable
- You feel safe
- You feel open and able to enjoy things

## **Your body shows feelings before words**

Sometimes your body shows how you feel before you can explain it. You might notice:



Your heart beats faster when something feels exciting or stressful.



Your breathing changes when you feel a strong emotion.



Your body feels tight when you are under pressure.



Your body wants to move  
when you have lots of  
energy.



Your body feels slow when  
you need to rest.

Your body gives you messages about what is going on.

## When things feel too much

Sometimes your body can feel like it has too much going on. You might notice:



Feeling tight in your body or not relaxed.



Feeling hot, shaky, or restless.



Feeling very tired or flat.



Feeling like it is hard to think clearly.



Feeling like you want quiet or space.



Feeling like speaking is harder than usual.

These are signs your body needs help or rest.

# **Your body is on your side**

Your body is always working with you.

It is helping you feel safe.

## **Things that can help your body feel good**



Take 3 slow breaths in and out.



Put your feet on the floor and feel them hold you up.



Stretch your arms and move your body gently.



Sit somewhere quiet for a moment.



Hold something that feels comforting. Like a stress ball or a teddy bear.



Take a short break if you need one.

Even small things can help your body feel better.