

Top 10 Tips to Calm a Stressed Mind

Life can get overwhelming, but there are simple techniques you can use to quickly soothe your mind and body. Here are ten effective tips for instant relief to help calm your stressed mind. These are all things that activate your parasympathetic nervous system, lowering your heart rate and switching off your threat response - and with it your feelings of overwhelm.

1. Practice Soothing Rhythm Breathing:

Inhale slowly through your nose for a count of four, hold for a moment and then exhale slowly through your mouth for a count of six. Repeat this cycle for at least 1-2 minutes.

2. Legs Up the Wall:

Lie on your back with your legs extended up against a wall. Hold this position for 5-10 minutes, focusing on your breath.

3. Progressive Muscle Relaxation:

Starting from your toes, tense each muscle group for five seconds, then slowly release. Move slowly up through your different body parts until you reach your head.

4. Exposure to Cold:

Splash cold water on your face for a quick reset or place a cool, damp cloth on your forehead. Alternatively, take a cool shower or walk outside if it is chilly.

5. Brisk Physical Activity:

Go for a run around the block, do star jumps in your room, or go outside and walk fast. You can also try dancing or lifting weights. Do this for 10 to 15 minutes - but don't overdo it.

6. Aromatherapy:

Essential oils like lavender, chamomile, or eucalyptus promote instant relaxation.

7. Calming Music:

Create a playlist of soothing music. Classical, ambient, or nature sounds can be particularly calming. 'Weightless' by the band Marconi Union is dubbed the world's most relaxing song.

8. 5-4-3-2-1 Grounding Exercise:

Take time to really notice 5 different things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.

9. Go for a Walk in Blue or Green Spaces:

Being in parks, woodlands, near lakes or beaches, etc., is proven to relax our minds and bodies.

10. Use the "Butterfly Hug":

This self-hug technique can quickly calm your nervous system. Cross your arms over your chest, with your fingertips resting on your shoulders. Gently tap your shoulders alternately for a few minutes, focusing on your breath.



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