

CALMING TECHNIQUES





Thanks for downloading!

I would like to offer you a few **Calming Techniques**.

EVOLVE 
WITH TINA WRIGHT

They are a bit like emotional **first aid** tools that can be used in the moment. They can be for those times the kids are arguing, or you've realised you've ran out of milk, or the report you have spent hours on has not saved. It's for those times in each day that you feel like screaming, or you're swearing profusely in your head.

They can also be practiced regularly each day to reduce our overall '**stress temperature**'. If we are warm when we enter a hot room, it doesn't take long for us to become boiling hot. But if we are cooler, it takes longer for us to warm up.

So, if we learn how to reduce our base level 'stress temperature', then we **reduce** the likelihood of getting so stressed we feel overwhelmed or burned out (emotionally or physically).

When learning anything new we have to practice to get **good** at it. So, to reduce the burden of adding anything extra to your to-do list, and to not give you **more** to think or worry about, it is useful to make these practices a new habit.



To make a new habit more likely to occur, it is best to add it to a behaviour you already do. We want to practice these **skills** 5 or 6 times a day.

What do you do 5-6 times a day? Have a drink? Eat? Wash your hands? Check your email? Go to the loo?

Choose one thing and then write a **reminder** to put where you will see it when carrying out that activity.

E.G., wash your hands – place a post-it note that says ‘STRESS TEMPERATURE’ on the mirror over the sink. Then **every** time you wash your hands, complete one of the exercises below.

When we get stressed, whether that’s anxious, angry, overwhelmed, or worried, our breathing changes and our thoughts focus on the **future**, the perceived consequences of the event.

Or we ruminate over the **past** and other similar events. This can have the effect of bringing our mood down.

In these situations, **connecting to our breath**, our **five senses** and our **body** are the quickest ways to calm and rebalance ourselves. These steps provide easy-to-follow guidance.



Rebalanced Breathing

- **Breathe** slowly and steadily.
- Place one hand on your **chest** and one on your **belly**. Try not to allow the one on your chest to move.
- Breathe in for a count of **four** – breathe out for a count of **six**.
- Keep your **focus on the breath** – on the way in and on the way out.
- Breathe this way for at least five minutes or until your breath becomes **calmer** and more regular.



Rebalanced Breathing

This is serving three main purposes.

1. It is slowing the breathing rate back to a more **steady** and **regular** rhythm.
2. When we breathe down into the belly in this way, we activate the **ventral vagal nerve**. This sends a signal back to the brain that **all is well** and turns off the fight flight response.
3. Whilst counting the breath, our concentration is focused on the **here and now**. We can only focus **attention** on one thing at once, so, this means that we are not now thinking about the unfortunate event that occurred or the consequences of it.



Rebalanced Senses

Say out loud (if this would draw unwanted attention, say it in your head) what you are experiencing as you check in with each of your **senses**:



Smell

What can you smell? Pick up something that you like and smell it deeply. A soothing smell is the fastest way to signal **calm** and **safety** to your nervous system.



Touch

What can you touch around you? How does the chair you are sitting on or the clothes on your body **feel**? Hold a **warm** cup of tea in your hands or a **cold** bottle against your face. Notice the **sensations**.



Sight

What can you see around you? Say out loud what you can **see**. Describe it in detail – the **colours**, the **shapes**, the **objects**.



Taste

Can you taste anything? Say out loud what the last thing you **ate** tasted like. Describe it in detail – was it **sweet**? **Sour**? Did you like it?



Sound

What can you **hear**? Describe in detail what you can hear – is it **traffic**? **Birds**? Your own **breathing**? **People talking**?

Move your body

Sometimes extreme anxiety can cause us to feel unreal or disconnected from our body. It can be helpful at times like this to stamp your feet. Notice the **sensation** and sound as they hit the floor. Remind yourself you can run if you want to. You don't have to!

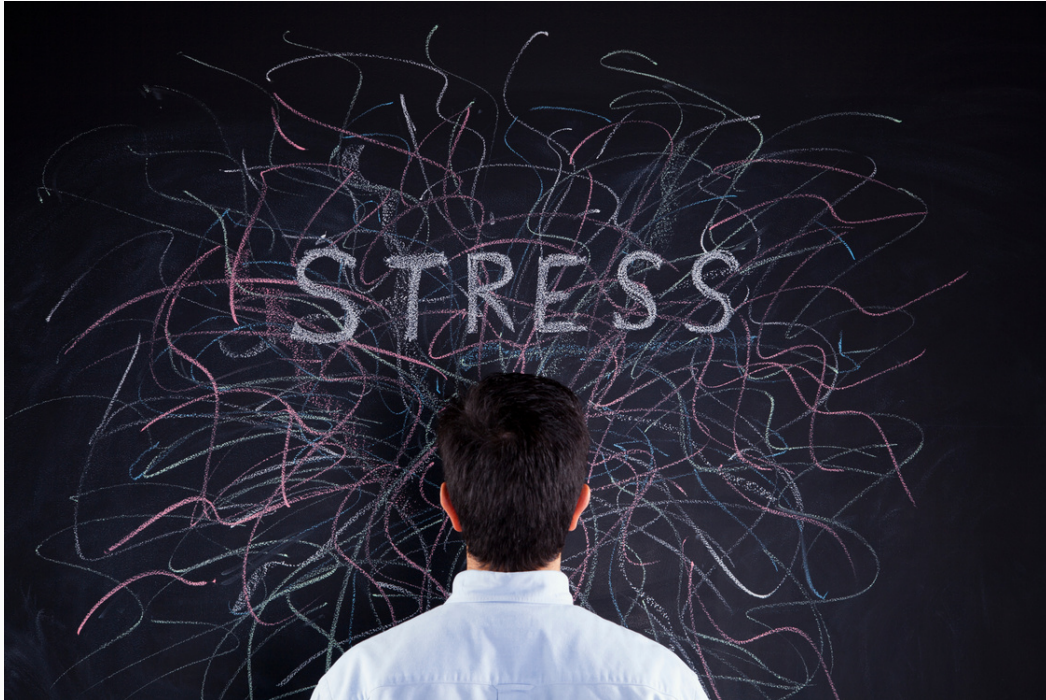
Move around. Take your time and **notice** the movement of each step and notice how your legs, arms, feet, and hands feel while you move.

Hold your shoulders right up to the ears and let them drop. Repeat as many times as it takes to **release** tension.

Clap and rub your hands together. Hear the noise and feel the sensations in your hands and arms.



Do you suffer with anxiety, worry, or stress?



Do you feel tense or have trouble sleeping? Do you experience 'what if?' thoughts and tummy upsets? If you do, then you may have a Stress Illness.

Click below to find out how likely that is

[HAVE I GOT STRESS ILLNESS?](#)



What Other People Say

Evolve Psychotherapy
1 Jackson Cl, Bradwell, Great Yarmouth [Get more reviews](#)

5.0 ★★★★★ 8 reviews

Scott ★★★★★ a year ago

I have been one of Tina's clients for 3 months and I have to say Tina is an amazing person, very professional, extremely understanding, patient and very caring in every way. I was in a very dark place and over the past 3 months, I've had 8+ sessions with various coping strategies and many methods of coming to terms with the issues I had and I am excited to say that I am now back to my normal self in a much better place. I'm ready to restart a new chapter in my life. All thanks to Tina. I highly recommend (TINA) Evolve psychotherapy for any one who is suffering or struggling with any issues, no matter how big or small. Hand on heart if you're in need of any help or just someone to talk to, Tina is that person. Very professional and caring at the highest level. I can't thank you enough Tina, many thanks Scott.

Response from the owner a year ago
It's been an absolute pleasure watching just how much you have changed over the last few months Scott. You have demonstrated just what is possible when you make a commitment and put in the work. I wish you and your family every happiness for the future. Take care, Tina

Evolve Psychotherapy
1 Jackson Cl, Bradwell, Great Yarmouth [Get more reviews](#)

5.0 ★★★★★ 8 reviews

Andrea Bland ★★★★★ 3 years ago

I contacted Tina at Evolve about my phobia of driving. I decided it was time to speak to someone professional about my problem and she came highly recommended. When we first met, I was really embarrassed but she put me at ease immediately. During our sessions she didn't judge, showed complete empathy and never pushed me to do anything I wasn't comfortable with. At our initial consultation she asked about my anxiety, how it affected my thoughts, what it stopped me doing and how it made me feel physically. I hadn't thought about it before but when we got talking things started to make sense. We took everything at my pace and although out of my comfort zone at times I always felt safe and supported. Part of my treatment involved a virtual reality element which was amazing, it really felt like I was sitting in a car! Four months into therapy and I've just had my first driving lesson - that's something I never thought I'd say! I'm actually looking forward to the next time I get behind the wheel. Not bad for someone who had a panic attack at the thought of being left alone in the passenger seat of a parked car! I would never have been able to do it without Tina's help, she's amazing and has changed my life.

Evolve Psychotherapy
1 Jackson Cl, Bradwell, Great Yarmouth [Get more reviews](#)

5.0 ★★★★★ 8 reviews

Tracey Callow ★★★★★ a year ago

I started seeing Tina after being signed off with Stress from work and I am so thankful that I did! I had a number of sessions of CBT a few years ago following burnout at work and my experience of CBT then was completely different.

I have no doubt whatsoever that Tina's insight and explanations into my thoughts and feelings and their effects on how well I deal with and cope with various situations/anxiety (& resulting depression) will absolutely have a hugely positive impact on the rest of my life from now on.

Tina is professionally empathetic and non-judgemental, no matter how "small" I felt that my own problems were. Everything that I said that felt perhaps slightly immature, trivial, selfish or sometimes maybe made no sense...received a nod of understanding and an explanation as to why I may feel the way I do.

Our sessions also brought up issues that I didn't even realise were affecting my present feelings and I was encouraged to discuss these. This was a real surprise but made an amazing amount of difference

Evolve Psychotherapy
1 Jackson Cl, Bradwell, Great Yarmouth [Get more reviews](#)

5.0 ★★★★★ 8 reviews

Eilidh Ferris ★★★★★ 3 months ago

Working with Tina was extremely helpful, there was a warm but structured way to each session in order for me to come to the best outcome by the end of all our sessions. Very worth while experience, with a very helpful person.

Response from the owner 3 months ago
Thank you Eilidh. It was an absolute pleasure working with you and a delight to see you reach your goal

Evolve Psychotherapy
1 Jackson Cl, Bradwell, Great Yarmouth [Get more reviews](#)

5.0 ★★★★★ 8 reviews

Fiona Kellaway ★★★★★ 11 months ago

Tina has dramatically changed the way I look at things - I can't thank her enough. Each session was a very enjoyable journey, with practical things for me to carry out myself in between. She has enabled me to move on to a much more enjoyable life - THANKYOU!

Response from the owner 3 months ago
Thank you Fiona. You have been a dream to work with and it has been an honour to walk beside you on this journey. Take care x

way I do.

Our sessions also brought up issues that I didn't even realise were affecting my present feelings and I was encouraged to discuss these. This was a real surprise but made an amazing amount of difference to how I feel now having finished the course.

I cannot thank Tina enough for changing my negative mindset and making me realise that actually...I have a lot to feel positive about and a world out there to be part of!

Response from the owner a year ago
Thank you for your kind words Tracey. I appreciate your respect for others, willingness to be open, and your curiosity. It was a pleasure to walk alongside you on this part of your journey. I wish you a fulfilling future x

Why listen to me?



Hey, I'm Tina!

I'm an accredited Cognitive Behavioural Psychotherapist with nine years' experience working in psychological therapies with the NHS, and I'm ready to help people like you take back control of your mind.

You're not alone, you know?

My mental health story started 20 years ago after having my son, at a time when mental health wasn't spoken about.

I was feeling on edge the night my son was born, and each day got progressively worse. It felt like my world had turned upside down. The midwife didn't pick it up, and nothing was done - I felt completely lost and misunderstood.



When it finally got diagnosed as Post Natal Depression, I was put on antidepressants and told there wasn't much else they could do.

Until I spoke to a Clinical Psychologist.

Just hearing the way, she spoke to people, the way she comforted me, that I wasn't the only one, and her understanding of what I was going through gave me this lightbulb moment... I knew I needed to do this job.

Here I am now!

I completed undergraduate and postgraduate education, worked in psychological therapies for the NHS, and now, I have combined all my knowledge and passion and created my business.

I empower people like you, with chronic pain or stressful physical symptoms (such as Migraine, Tinnitus, or IBS), to free themselves from the loneliness, misunderstanding, and frustration it causes, so they can increase their productivity, earning potential, and self-worth.

HAVE I GOT STRESS ILLNESS?

**FOLLOW ME @EVOLVEWITHTINA FOR INFORMATION
JOIN BEYONDTHELABELWITHTINAWRIGHT FOR SUPPORT**

JOIN HERE

EVOLVE 
WITH TINA WRIGHT