

6 TIPS TO CALM AND SOOTHE THE NERVOUS SYSTEM

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OUR NERVOUS SYSTEM

Two Main Strands

- Sympathetic nervous system (fight or flight)
- Parasympathetic nervous system (calm and soothe)

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TIPS TO CALM AND SOOTHE

- Breathing exercises
- Heat or Cold
- Self Compassion
- Kind Hands Exercise (compassionate touch)
- Grounding / Anchoring
- Movement

3

HOW TO BREATHE

Deep Down in Lungs
Slowly in and out
In and out through nose
Hold the breath at the top and bottom of the breath

4

BREATHING EXERCISES

With Movement
With Kind words
With Colour

5

HEAT AND COLD

Ice Cubes
Cold Showers
Warm Baths
Hot Water Bottles

6

SELF COMPASSION

- How do you speak to yourself?
- Self Critical verses Self Compassion
- Being Kind and Compassionate to yourself
- Not letting yourself off the hook
- Driving yourself forward

7

KIND HANDS (TOUCH)

Hand on Heart
Speak kindly
Warm touch
Send Compassion
Breathe

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GROUNDING AND ANCHORING

Dropping Anchor
Breathe
Connect to Ground / Body
Notice thoughts and Feelings
Stay Calm through the storm
This Will Pass

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MOVEMENT

Yoga
Stretch
Walk
Dance
Body Posture

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THANK YOU

Dr Emma Cotterill

www.empowerpsychology.co.uk
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