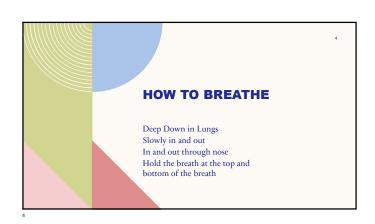




TIPS TO CALM AND SOOTHE

Breathing exercises

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

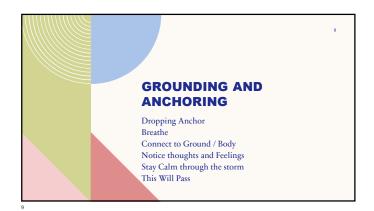


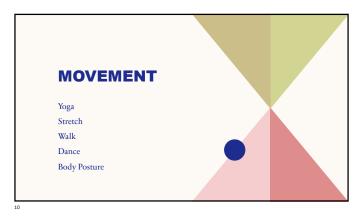












THANK YOU

Dr Emma Cotterill

www.empowerpsychology.co.uk
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