

# The 4 B's of Self-Settling



## Brakes

Catch the energy and squeeze it, pushing the heels of your hands together. You should feel it in your chest, arms, and shoulders. **Do not** intertwine fingers.



## Breathing

Take three slow abdominal breaths, raising your arms up and out each time you inhale or breathe in.



## Brain

Rest your hands on your head, close your eyes, take another breath, and as you exhale, tell yourself "I can calm down." Feel the weight of your hands as they rest on your head



## Body

Put your hands on your chest and feel your body get calm and quiet

