

• TIPS FROM THE ONBEING PODCAST WITH CHRISTINE RUNYUN •

CORE COPING STRAGIES

We have been in a state of fight or flight, the stress response, for over a year now. It's understandable to feel sad, anxious, down, scared or depressed. Here are some key practices you can draw upon to help calm the nervous system.



BREATHE

Elongate your outbreaths. This has an instant calming effect and de-activates the stress response.



FEET ON FLOOR

Bring your awareness to your feet on the floor, your back against the chair or your hands in your lap.



NAME IT

Labelling the emotion we're feeling helps to lessen it's intensity. "Ah, *that's* sadness"



BE CURIOUS

Being curious about what we're feeling releases dopamine. Describe your emotions or sensations as colours or shapes. Find where they sit in the body.



COMPASSION

Showing kindness and understanding to ourselves and each other is really nourishing. Try some soothing self-touch too like giving yourself a hug.



IMAGINATION

If we use our powerful minds to imagine being with our loved ones or in a special place, our nervous system responds as if it's really happening.