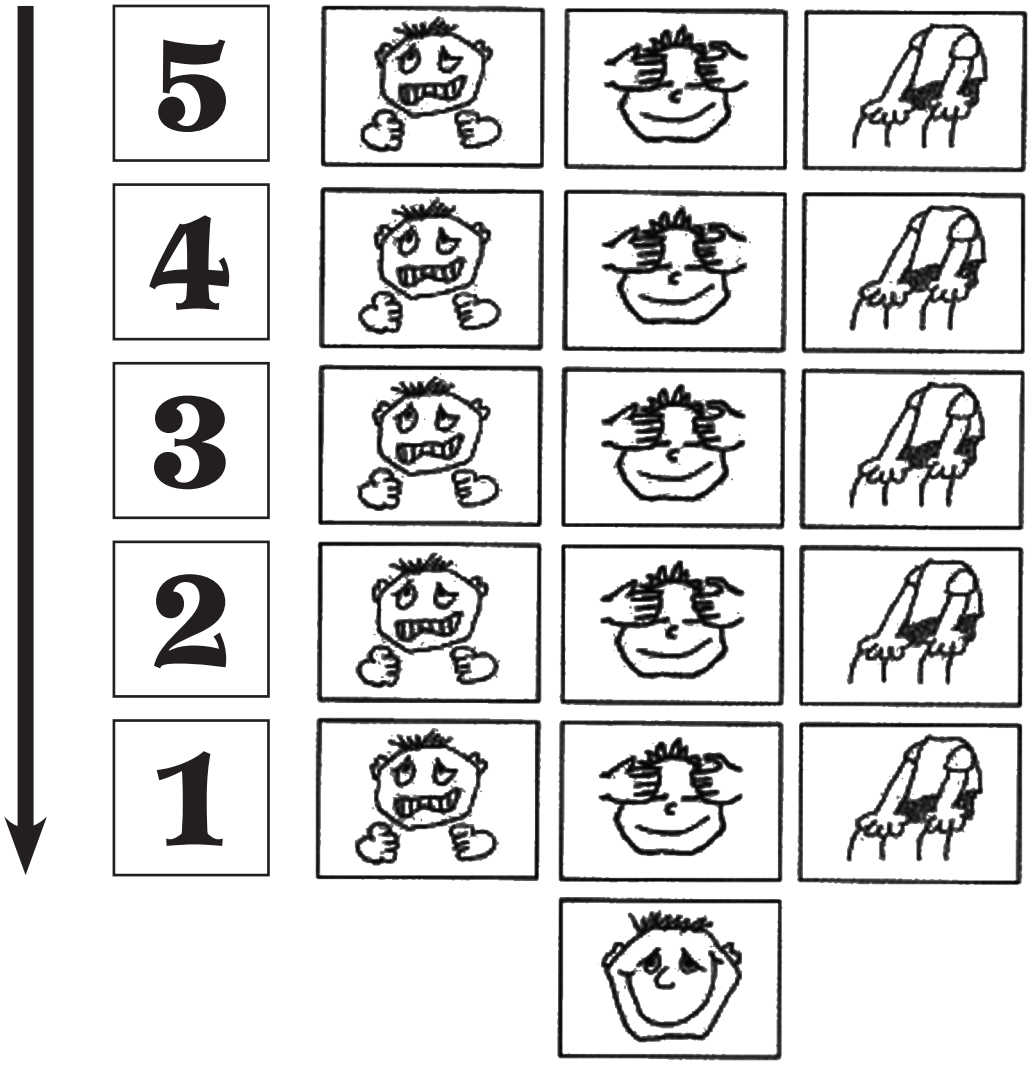
My **Calming** Sequence Visual

Activity: Try this calming sequence. Does it feel good and calming? How can you change it so that it works for you?

This calming sequence goes like this: Squeeze your hands together; close your eyes and rub your head; then rub your legs. Repeat the sequence five times, bringing your stress down.



Buron, Manns, Schultz & Thomas, 2004, From *When My Worries Get Too Big!* K. D. Buron, 2006. Swawnee Mission, KS: AAPC, Reprinted with permission.

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