Go to a Quiet Place

Pray

Listen to Music

Breathe Deeply

Go for a Run

Wrap Yourself in a Blanket
Drink Water

Tapping

Draw a Picture

Relax Your Face

Imagine Your Safe Place

Hum a Song
Put Your Feelings in a Bucket

Read a Book

Ask for a Hug

Count Slowly

EMDR

Whisper the Alphabet