

# BRAINSTEM CALMERS

Regular Brainstem calmers can help us to manage and regulate big or difficult emotions. Try setting a reminder to do a short brainstem calmer every hour. They don't need to take very long, some for just as little as 30 seconds can help us to feel more calm and settled.



- Stamping feet/jumping up and down
- Sorting items by size/shape/colour/texture etc.
- Screaming into a pillow (which is less overwhelming than screaming into the air)
- Tearing up scraps of paper/popping bubble wrap
- Throwing and catching
- Blowing bubbles and breathing exercises
- Breaking dried spaghetti
- Taking their hand and doing some brisk walking or a little run outside which gives them both an outlet and connection at the same time
- Pushing hands together in a prayer position or pushing on top of head (muscle relaxation)
- Grounding
- Pushing against a wall or lifting self up from a chair
- Songs to movement