

Calming Techniques

When you are dealing with a difficult emotion and have left the 'emotionally stable' zone, you will not be able to deal with what caused the emotion until you have returned to this stable area. That means that you need to put all your energy into feeling in control again. The following ideas are ways in which you can calm yourself so that you can return to the 'emotionally stable' zone. You may find that you prefer one process to another and that one will therefore work best for you. You may also be aware of different ways to achieve calm – as long as your methods are not harmful to yourself or others, it is of course fine to use these and perhaps also share them.

	<p>Place your hand on your chest and your tummy.</p> <p>If you place one hand on your chest and one hand on your tummy, you will instantly feel slightly calmer. This effect can be improved by practising the technique every day at a time when you feel very calm and relaxed, so that you subsequently link it with that feeling. A good time, for example, might be just as you are falling asleep.</p>
	<p>Count your breathing.</p> <p>By focusing on and counting your breathing, you have a job to do and something to concentrate on. This can distract you from the difficult emotion so that you are able to retrieve a feeling of control and then work through the emotion.</p>
	<p>Stop and look.</p> <p>Take a moment to stop and look at how you are behaving. Ask yourself if it is really what you want to be doing. Think about why you are behaving that way and give yourself the choice to stop and be back in control.</p>
	<p>Think about your zone.</p> <p>Spend time recognising the emotions and behaviours you are displaying and which zone you have entered with them. Remind yourself that you will only be able to sort things out when you are back in the 'emotionally stable' zone.</p>
	<p>Talk to people.</p> <p>When you are feeling in control and are in the 'emotionally stable' zone, spend some time talking with an adult you trust and like. Talk to them about what happens when you experience more difficult emotions and how you feel. Then discuss with them which zone you might have moved into at these times and think together with them about things you could do, or they could do, to try and help bring you back in control of your responses to your emotions.</p>

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).



When you are calm and in control again, resolve the original emotion.

Often, when we are calm and back in the 'emotionally stable' zone, we can move on from what made us leave the zone in the first place and just talk about how we behaved when we were not in control. While this is important too, losing control can only be prevented the next time if we actually understand and resolve the feeling or emotion that led to it.

My Own Idea

Draw or explain your own way to calm down or return to the 'emotionally stable' zone: