

TIP: CHANGING YOUR BODY CHEMISTRY

This strategy helps to change our body's chemistry in order to **calm us down during times of intense distress.**

Temperature

Decreasing our body temperature is a good way to help us **calm down quickly** when feeling really stressed.



We can do this by spraying our face with cold water or if it's winter time we can go outside for a minute or two.

Intense Exercise

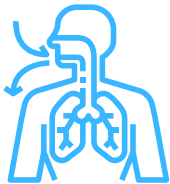


When our body is revved up by emotion, working out can help us feel calmer.

Engage in **intense exercise for a short period of time** like running on the spot or punching the air for a minute or two.



Paced breathing paired with muscle relaxation



Engage in some paced breathing like the [calming breath](#) and make sure that you are **releasing tension on your muscles** as you are breathing out.



CONTACT INFORMATION



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