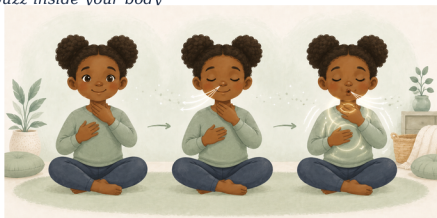


1

CALMING & CONNECTION

Humming Song

Feel the buzz inside your body

- 1 Put one hand on your chest and one hand on your throat. These are your vibration detectors.
- 2 Take a slow breath in through your nose.
- 3 Hum your favorite song as you breathe out. Any song works! Feel the buzzing under your hands — that vibration is waking up your vagus nerve.
- 4 Hum for 5 full breaths. Try humming lower — deep hums make stronger vibrations. Notice how your chest and belly feel warm and tingly.

Try this when: You feel disconnected, lonely, or need comfort.

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2

QUICK CALM-DOWN

Cold Water Reset

Wake up your body's chill switch

- 1 Go to a sink and turn on the cold water. Not freezing — just cool.
- 2 Cup the cold water in your hands and gently splash it on your cheeks and forehead. This triggers your body's "dive reflex" — a built-in calm button!
- 3 Hold a cold, wet washcloth against your face for 15 seconds. Take slow breaths while you hold it there.
- 4 Notice what changed. Your heart might feel slower. Your body might feel less hot. That's your vagus nerve doing its job.

Try this when: You feel overheated, panicky, or your heart is pounding fast.

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3

TENSION RELEASE

Stretchy Cat

Move slow, feel everything

- 1 Get on your hands and knees like a cat. Spread your fingers wide on the floor.
- 2 Breathe in and drop your belly down, lift your head up, and look at the ceiling. You're a happy, stretchy cat.
- 3 Breathe out and round your back up like a scared cat. Tuck your chin to your chest. Push the floor away with your hands.
- 4 Go back and forth 8 times. Move as slowly as you can — slower is better. Match every movement to a breath.

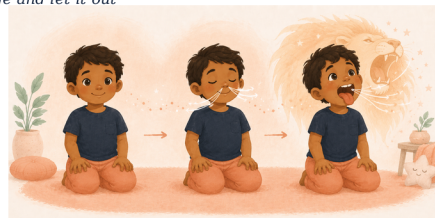
Try this when: Your body feels tight, stiff, or locked up from sitting too long.

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4

BIG EMOTIONS

Lion's Roar

Open wide and let it out

- 1 Sit up tall on your knees or cross-legged. Put your hands on your knees and spread your fingers wide like lion claws.
- 2 Take a huge breath in through your nose. Fill up your whole chest.
- 3 Open your mouth as wide as you can, stick your tongue ALL the way out, look up at the ceiling, and breathe out with a loud "HAAAA!" — roar like a lion!
- 4 Do 4 big roars. The stretch in your jaw and throat activates your vagus nerve. Finish with 2 quiet breaths — the lion is resting now.

Try this when: You feel frustrated, stuck, or like you're holding something in.

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5

SAFETY & COMFORT

Butterfly Hug

Your own wings, your own calm



- 1 Cross your arms over your chest so each hand rests on the opposite shoulder. Hook your thumbs together — those are your butterfly's antennae.
- 2 Close your eyes or look softly at the floor. Take one slow breath in.
- 3 Start gently tapping — left, right, left, right — like a butterfly flapping its wings. Keep it slow and steady. Breathe normally.
- 4 Keep tapping for 1 full minute. Think of a place where you feel safe and happy. The tapping tells both sides of your brain: "You are okay."

Try this when: You feel scared, overwhelmed, or need to feel safe.

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6

FOCUS & RESET

Magic Ear Rub

Tiny touch, big calm



- 1 Use your thumb and pointer finger to gently grab the outside rim of one ear at the very top.
- 2 Slowly rub and roll your way down from the top of your ear to the earlobe. Press gently — like you're rubbing a good luck charm.
- 3 When you reach your earlobe, give it a gentle squeeze and hold for 3 seconds. There are special nerve endings here connected to your vagus nerve.
- 4 Do both ears 3 times each. Breathe slowly the whole time. Your ears might feel warm when you're done — that means it's working!

Try this when: You need to focus, feel antsy, or want a calm-down you can do anywhere.

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