

To calm your emotionally hijacked brain, you need an immediate strategy that restores calm and allows your thinking brain to come back on line. Choose 3 of these you could try out.

Notice your body sensations eg. Fist clenched, heart rate racing, teeth clenched. Choose a deliberate action that is different eg, relax facial muscles, let go of tight fists, smile instead of frown

Box breathe-gets oxygen to all areas of the body and brain. Breathe deeply and long

A short Burst of Exercise-match your heart rate to the rate in the anxiety

Do 10 burpees or 20 jumping jacks or run up and down nearby stairs in your building. Once your heart rate is up, cool down. Take big deep breaths as you stretch.

"Amygdala Hijacking"

Feeling Brain cut off from Thinking Brain



Get in nature

Get outside for even 5 minutes -If you can't get outside, put in earbuds and listen to nature sounds -Try to be mindful of what you see and smell -Take deep breath

Hot/Cold Restart

Alternating cold and hot water will reset your symptoms and distract your brain. Don't use too hot water - it is the contrast that will disrupt the cycle. -Splash cold water on your face -Then alternate with hot water on your face -Repeat

Pressure resistance for release

This alternating strategy helps you release tension quickly. Push your palms together with intensity for 20 sec. Release and relax for 10 seconds. Repeat 3 or 4 times.

Music/Dance When you notice that you are spiraling, put on a playlist that you love. It is great if it is an upbeat song you just can't stop yourself from singing or moving to. Sing at the top of your lungs or dance around until your brain has calmed.

The Burrito Use a weighted blanket if you have one or just pile on blankets. Research says that a fetal, cocooned state can help you calm your physical body, which can calm your thoughts. Find a quiet space if you can. Wrap yourself tightly in a big heavy blanket. Dim the lights, close your eyes. Repeat a mantra of "I am okay. I am okay."