

Calming and Resetting Techniques

Energy Techniques

- **Calming Holds** - hold different places on your body to calm the nervous system:
 - **Holding the Forehead**
https://www.youtube.com/watch?v=G2_m7ns6vsw
 - **Triple Warmer/ Spleen Hold** - <https://www.youtube.com/watch?v=brPYTyQwCPQ>
 - **Holding Heart and Womb** - <https://www.youtube.com/watch?v=NA-e2NKOtns>
- **Emotional Freedom Techniques** - use tapping points to help soothe. <https://www.thetappingsolution.com/tapping-101/>
- **Expelling the Venom** - an anger/frustration release technique. <https://www.youtube.com/watch?v=-A2TIfnFREI>
- **Radiant Hearts for More Joy and Love** - a drawing of heart gesture to activate your radiant circuits. <https://www.youtube.com/watch?v=IPo9CKr6XL4>
- **Shaking like a tree** - a quick qigong move to release agitation and frustration. https://www.youtube.com/watch?v=QrZH_2ZJiW8
- **6 ways to sedate triple warmer video** - tapping on gamut point, triple warmer hug, triple warmer neuromuscular points, trace meridian backwards, and triple warmer smoothie are all included in this video. <https://www.youtube.com/watch?v=sJljx4Wu9RQ&t=6s>
- **Triple Warmer smoothie** - helps with panic or when someone feels on guard or under threat. Triple warmer is the meridian that goes through the limbic system. <https://youtu.be/Y8WHsl3oAhI>
- **Wayne Cook Posture** - a resetting technique, great for someone in despair or confusion. <https://www.youtube.com/watch?v=LPT19Im8vnU&t=12s> There is also a shortcut here that I call "twist it up" <https://www.youtube.com/watch?v=tluTNkBKmYE>
- **Zip Up** - Protects your central meridian from negative energy and acts as a negative energy shield. <https://www.youtube.com/watch?v=XlrnXAO7JJU>

Breathing and other bottom-up techniques

- **33 second Heart Rate Variability breathing** (4 rounds of - 3 seconds in 4 seconds out) https://www.youtube.com/watch?v=rhxz08mnx_o&t=1s
- **Turn off Anxiety in Your Nervous System: 4 Ways to Turn on the Parasympathetic Response** - Emma McAdam teaches deep breathing, slow opening of eyes and closing eyes, valsalva maneuver, and the slow yawn. <https://www.youtube.com/watch?v=FPH5CFsmYEU>
- **Willing hands** - DBT skill that is a quick posture to diffuse anger and frustration. https://www.youtube.com/watch?v=oNb_jXLC7wY&t=109s

Handout compiled by Kelly Scharver

www.kellyscharver.com