

CALMING STRATEGIES

ACTIVITIES TO SOOTHE THE AMYGDALA

The right hemisphere of the brain is where traumatic events are processed and, therefore, is more affected by stress. Stress, in turn, triggers the amygdala, the part of the brain that signals danger. Activities that soothe our senses help calm the amygdala and reverse feelings of "fight or flight."



READ A BOOK



TAKE A HOT SHOWER



TALKING TO PEERS



COLORING



EXERCISE



LISTEN TO MUSIC



EAT A SNACK

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