



Calming and Centering

In times of disruption we can find our attention constantly focused outward. Staying centered can help us stay calm.

Tips and resources for mental wellness from the Tri-County Board of Recovery and Mental Health Services. For more information specific to the coronavirus pandemic, go to www.tcbmds.org/coronavirus

Important calming tips

Some important tips for calming and centering include:

- Keep a gratitude journal, meditate, attend a virtual prayer or church service.
- Walk (outside using safe distancing or inside on a treadmill), practice yoga, listen to nature sounds, listen to music.
- Focus on breathing, and be aware of your feelings and what is causing them.
- Take time for hobbies, crafts, or cook for pleasure.

Remember to take care of yourself by taking time for activities that help with centering and calming. For more information, including where to find professional help, go to www.tcbmds.org/resources

