

# Taming & Training

## Your Brain's Safety Pup

5 strategies for calming your amygdala

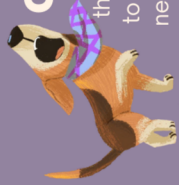


### Go for a walk

or engage in other physical activities such as tossing a ball to burn off excessive energy and reduce the levels of stress hormones in the body.

### Get some air

by taking some belly breaths - this type of breathing sends oxygen to the brain and calms the part of the nervous system that reacts to stress.



### Drink water

to stay hydrated, so the brain and body can function properly during stressful situations.



### Provide distractions

such as puzzles, fidgets, and calming tools that switch up the brain's focus and prevents it from fixating on stressors.



### Use a soothing tone

and reassuring words to say that everything is going to be okay.



Learn about your brain's Cranium Critter's [craniumkidsmedia.com](http://craniumkidsmedia.com)

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