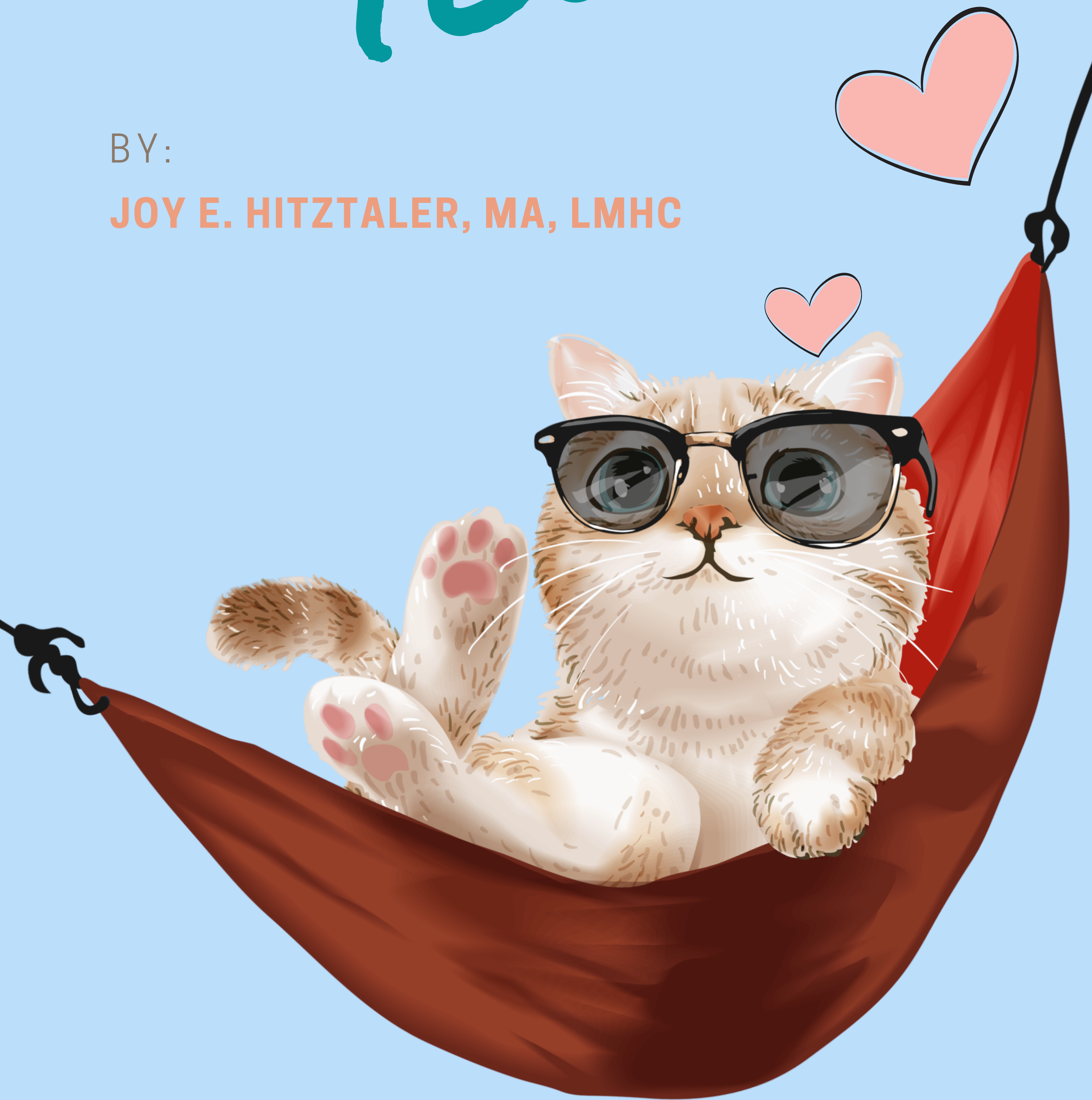


RELAX TOOLS

BY:

JOY E. HITZTALER, MA, LMHC



Practice these tools daily to be able to employ them when needed,
When upset, mad, sad, lonely, hurting etc.
Color, design, and be creative applying these relaxation techniques!

These are my relax tools _____

★ Blow Bubbles



★ Be like a turtle, take some time to yourself.



★ Take deep, slow breaths



★ Do some exercise! It helps use up some of the extra energy



★ Play a game, do a puzzle.



★ Visualize your favorite place, person, or activity.



★ Find Scripture that applies to your heart & feelings.



When I'm worried," Cast your cares on Jesus, for He cares for you." I Peter 5:7

★ Pray, meditate.



- ★ Talk with someone--your mom, dad, brother, sister, friend, pet.



- ★ Have something to drink. It helps your body go into auto-pilot breathing.



****What ideas do you have?? Draw it here:**

★ Be like a raw noodle, then cooked noodle. Flex and relax your muscles.



Draw your ideas here:

★ Write or draw what you are feeling. Some people like to put it in a box or rip it up. Coloring books are relaxing too.



★ Read



★ Read some jokes or watch something funny



★ Watch a show you like.



★ Try to help someone else



★ Shake the dog or do the wiggle.



★ Pop a balloon or rip up some paper.



★ Squeeze a stress ball, or something else



★ Sing or listen to music.



★ Take a shower or bath.



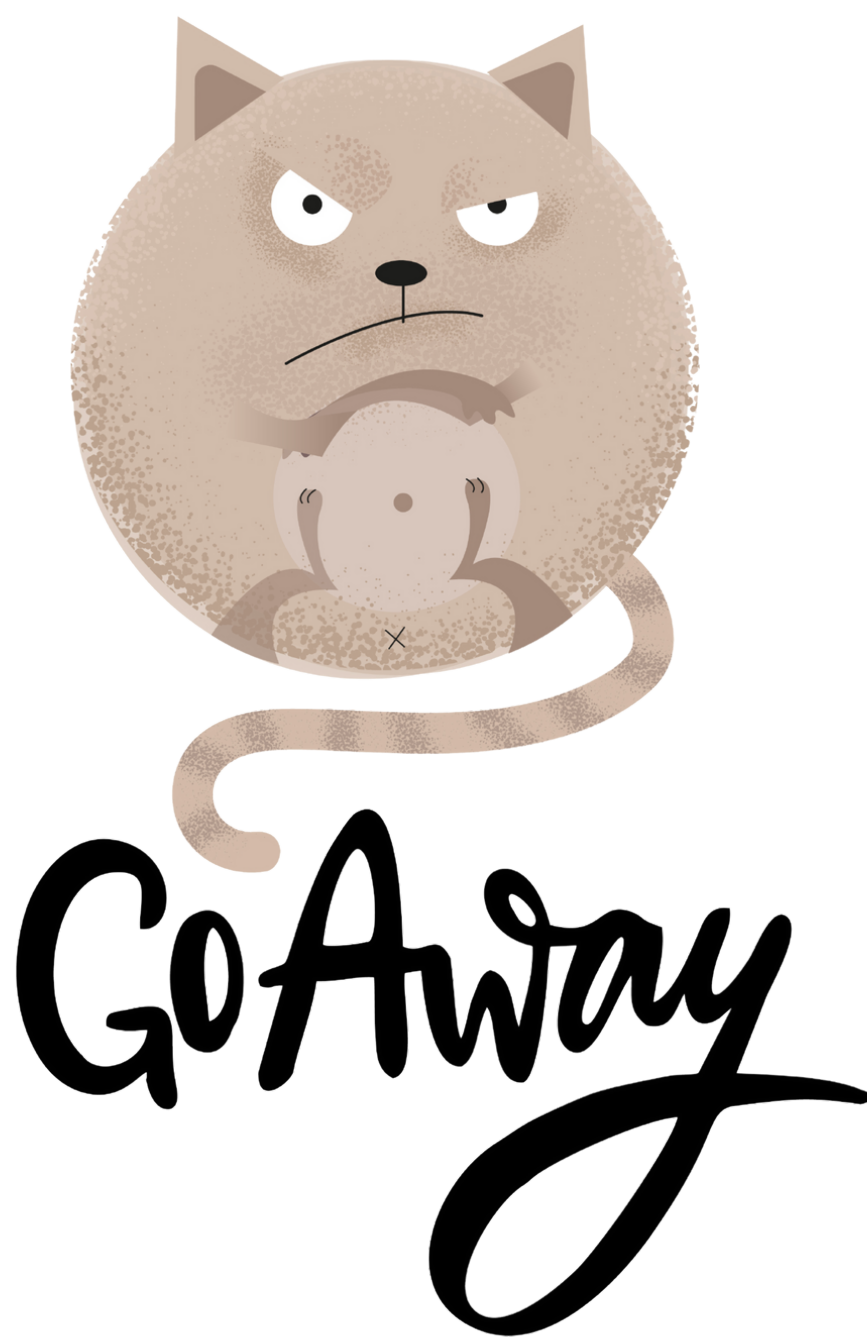
★ Take a nap.



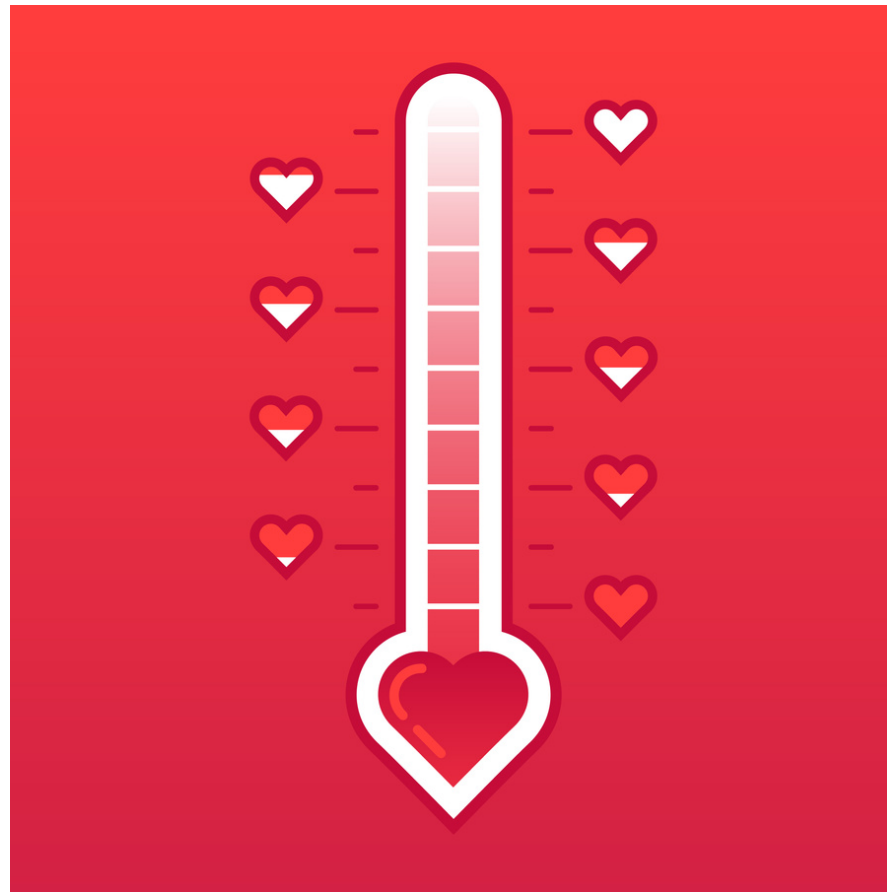
★ Consider changing your thoughts.



★ Tell your thoughts or worries to leave



★ Gage for yourself the scale of the emotion

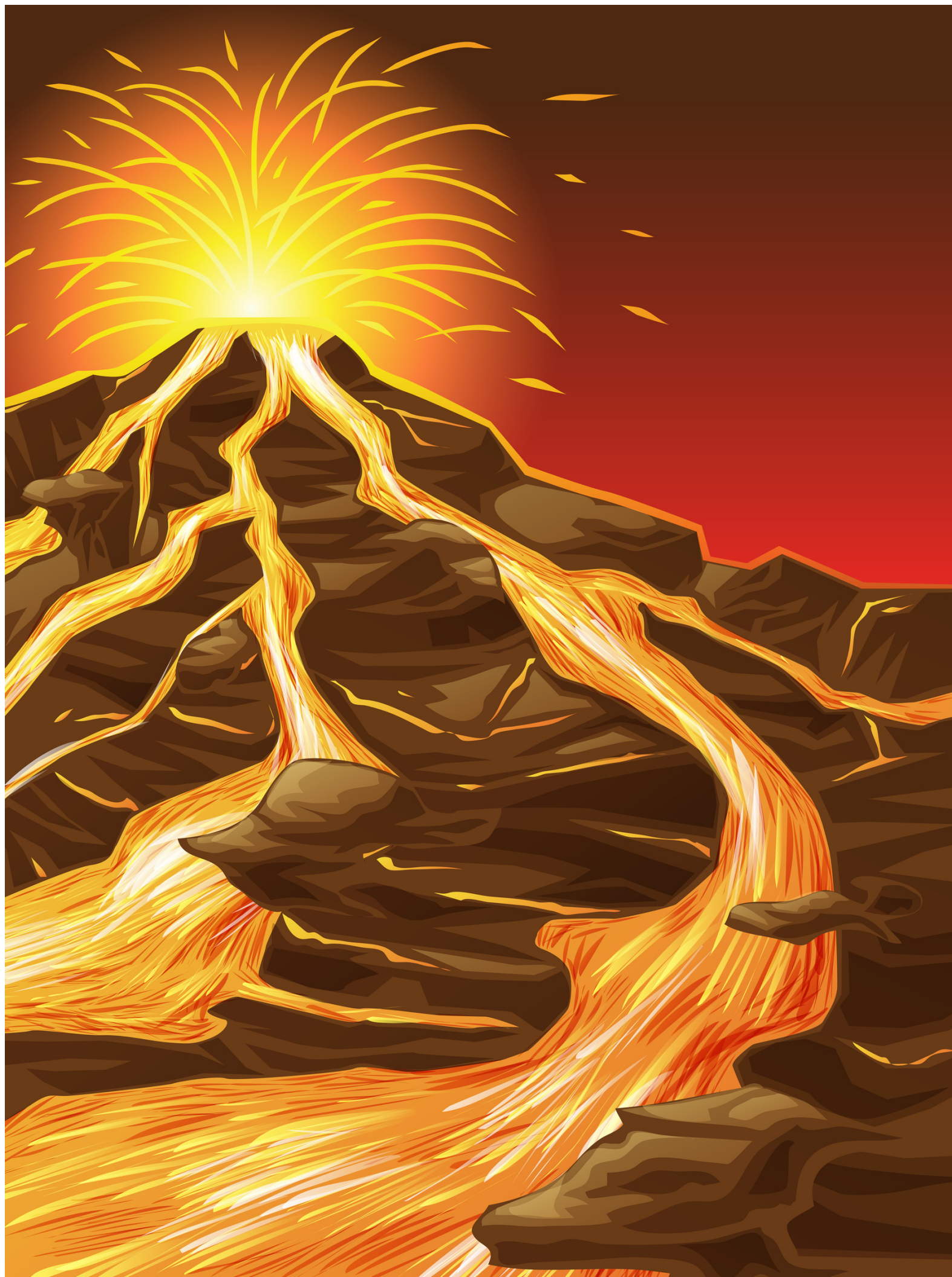


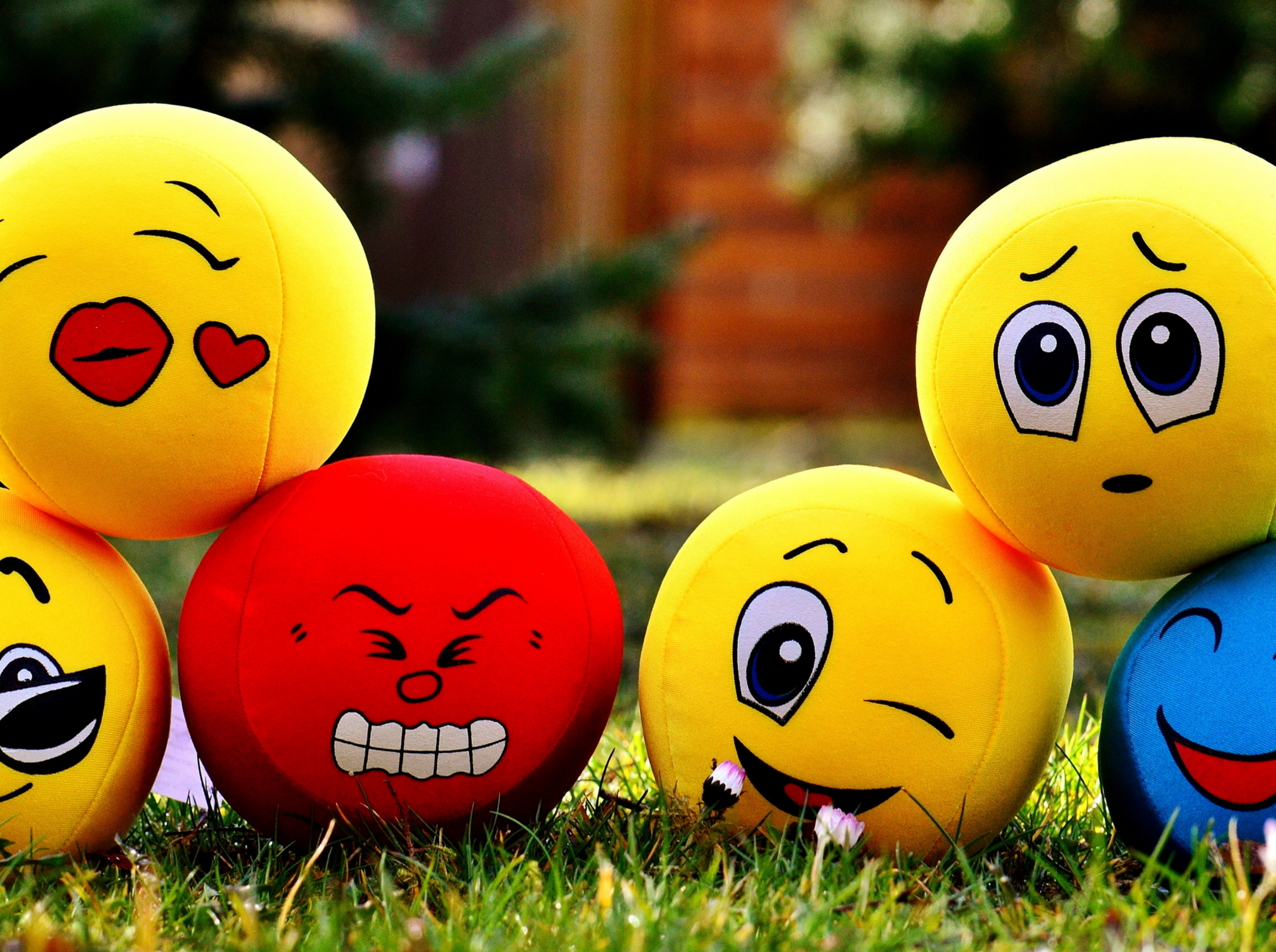
i.e. 0 = sad...5 = real sad....10 = super-duper horribly sad

★ Breathe in the good, breathe out the bad.



- ★ Emotion volcano – emotions inside are like lava hot destructive, cooling with release.





LIST OF EMOTIONS

Happy – fulfilled, content, glad, satisfied, optimistic, pleased

Excited – ecstatic, energetic, aroused, bouncy, nervous, perky, antsy

Tender – intimate, loving, warm-hearted, sympathetic, touched, kind, soft

Scared – tense, nervous, anxious, jittery, frightened, panic-stricken, terrified

Angry – irritated, resentful, miffed, upset, mad, furious, raging

Sad – down, blue, mopey, grieved, dejected, depressed, heartbroken

What’s your favorite thing to do?

When we do what we love, we feel our best.
When we are upset, choosing to do what we love will help us feel better

What feelings do you feel the most?

Draw some faces for your feelings in the circles below
Most of the time we feel many feelings at the same time!

Do you know what some of your triggers are? Triggers are things, events, or anything that you know upsets you.

My triggers:

My favorite Relax Tools

Relax Tools Instruction for Parents

Feel free to message me with any questions & comments! joy@joyhitztaler.com

My website has a video explaining all these tools as well <http://www.joyhitztaler.com>

Practice a few tools each day. Find tools that are favorites and that seem to work the best in calming your child down. Many of these tools help to interrupt the flow of upsetting emotions. Some of them distract. In talking about the issue the child was upset about, it is ok to take a break to allow emotions to calm down. Revisiting later the issue will be more productive in terms of finding a compromise or solution.

***Slow breaths – It can be helpful to breath in, say “Mississippi” or “hippopotamus” then breathe out, next number.**

***Blow bubbles – practice blowing softly like you are blowing real bubbles so they would not pop.**

***Be like a turtle – Everyone needs a time out, turtles go inside their shells, suggest your child recognize and take time to themselves when they need to.**

***Do some exercise – when we are upset our bodies create extra adrenaline as part of the fight or flight response. It can be helpful to exercise to use up the extra adrenaline. Exercise also creates feel-good chemicals in the brain.**

***Play a game -sometimes diversion or distraction is helpful. Doing an activity we enjoy will help calm and create feel-good chemicals in the brain.**

***Visualize your favorite place – by thinking of a favorite place, person or activity it helps to calm down. It can help to distract from the upsetting issue.**

***Find Scripture that speaks to the issue going on. For example, in struggling with worry one could keep in mind, Isaiah 26:3 “You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in you.” This can also work using mantras or other sayings.**

***Pray, meditate – this is self-explanatory. Taking time to relax and express your mind and heart is healthy venting.**

***Talk to someone – venting and sharing the burden of feelings can be helpful.**

***Have something to drink – by drinking something like water, milk, juice, it forces the body to go into autopilot and calm down as breathing and the heart beat slow down**

***What ideas do you have? Doing activities we enjoy helps to balance us, calm us, make good-feeling chemicals. Ask your kids to come up with ideas of their own to relax or vent.**

***Write or draw what you're feeling – venting in art and writing is very helpful. We identify feelings to write about them or draw to express them. We don't always think in full sentences, so writing forces us to process more completely. Color can also be powerful to assign to various feelings.**

***Read some jokes, watch something funny – laughing changes the chemistry of your brain, it creates feel-good chemicals, dopamine and serotonin.**

***Read – this can help to distract us from what is going on in the present. It can allow time for emotions to calm down, as well as give the mind a rest from thinking of the upsetting issues. If you read to learn something new, reading can be a positive focus of time, energy and focus.**

***Watch a show – this is a distraction, giving time to calm down. The break can also give the mind a rest from thinking about the upsetting issue and allow emotions to lower.**

***Helping someone else – gets our minds off ourselves (and the upsetting issues) and onto someone else. It is a distraction as well as a perspective-gaining opportunity. Helping can bring value and appreciation, awareness of talents and skills.**

***Pop a balloon or rip paper – sometimes destruction and noise feel good when we're upset. Maybe recycling or scrap paper can be an option to rip up.**

***Shake the Dog or do the wiggle – like a dog shakes off when wet, or shaking out your hand when it's tired from writing a bunch, shaking your body relaxes tense muscles. It also feels silly and often causes us to smile or laugh.**

***Squeeze a stress ball – this exerts energy that feels to be at an overflowing amount when upset. It is also very transportable, a tool that can be employed in many locations appropriately.**

***Sing or listen to music – music is powerful in mood-setting. It can help get our mind off upsetting issues as well as just calm down our emotions.**

***Take a nap – sometimes after some rest we think more clearly. Sleep can be a distraction and break from upset feelings and thoughts.**

***Take a shower or bath – relaxing in a shower or bath can help calm emotions down so that we can better problem solve, keep going with daily responsibilities, or compromise.**

***Consider changing your thoughts – for example, the dentist is a crummy thing we always have to do. Change this to, going to the dentist is a necessary helpful, healthy thing we do to take care of our bodies, and (for kids) you even get a new toothbrush and a prize after being a good patient.**

***Tell your thoughts or worries to leave – for example we might think, I'm afraid of the test coming up, that I'll fail. Tell yourself, I'm not going to think that way! I'm nervous about the test but last time I did fine and there's no reason I won't do ok this time too. It can be fun for kids to act out kicking an emotion.**

***Breathe in positive and breathe out negative thoughts. Try to encourage keeping thoughts simple and picturing good things coming in and bad things going out.**

***Gage for yourself the scale of your emotion – this assists in behaving appropriately for the level of feeling you’re having. If you scale the happy feeling 0=ok and might be at just waking up in the morning. Being with your family might be at a 5=great and going to Disneyland might be a 9 or 10=amazing/ecstatic. In this scale example it would be more appropriate to scream and dance with the news of a trip to Disneyland, but would be a bit extreme for simply waking up to a new day.**

***List of Emotions – it is helpful to grow our vocabulary of feelings as we get more in the habit of expressing them in healthy ways.**

***Emotion Volcano – when we keep our emotions inside it can pile up like lava underneath a mountain. Draw a simple mountain, below the surface write the things that are upsetting, the feelings experienced. Also label the lava as it spills out of the volcano above the mountain, you can choose to only list healthy, helpful ways of expression, or include unhealthy ones with a big X on them (as a reminder to not do them).**

Set the example and describe your emotions to those around you. Have conversations with your kids such as, oh that would be hard, what do you think that kid is feeling after the boy said that? Identifying and recognizing emotions in other people is a valuable skill as well. We learn so much in observing and copying



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