

Finding Calm & Focus

We can all feel overwhelmed at times. Life is full. But after a brain injury, your brain may need more recovery time, or it can feel overloaded faster than it did before.

That's why we have put together a kete of some simple tools that can really help – both in the moment, and for long term nervous system regulation.

Immediate reset

Tool #1: Breathing. Slow it down.

Breathe in gently ... breathe out a little longer than the in-breath.

Tool #2: Grounding – bring your focus back.

Step outside and stand on the grass

Name 5 things you can see, 4 things you can feel, 3 things you can hear

Tool #3: Reduce input – turn things down

Dim lights, turn down noise, step away from screen

Daily habits

- Phone free cuppa
- One task at a time (mono-tasking)
- Horizon gazing
- Regular quiet breaks
- Stop, roll shoulders, and breath

Regular activities

- Walk in nature / park
- Gentle stretching / yoga
- Tai chi / gentle movement
- Mindful creative activity