



## Ways to Quieten a Busy Mind – Fact Sheet

When your mind is racing, try these simple and effective ways to calm your thoughts and return to the present.

### 1. Deep Breathing

Slow, intentional breathing helps your nervous system shift into a calmer state. Try box breathing: Inhale 4 seconds → Hold 4 → Exhale 4 → Hold 4 → Repeat.

### 2. Body Scan

Bring your awareness through your body, from head to toe. Notice tension and gently release it. This grounds you in the present.

### 3. 5-4-3-2-1 Grounding

Engage your senses:

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

### 4. Journaling

Write freely without judgment. Let your thoughts spill onto paper. It helps offload mental clutter and gives clarity.

### 5. Mindful Walking

Take a slow walk and fully notice each step, each breath, each sound. Let your mind focus on the movement.

### 6. Listen to Music or Sounds

Soft, calming music or nature sounds (rain, waves, forest) can create mental space and relaxation.

### 7. Label Your Thoughts

Instead of engaging with every thought, simply label it: 'Planning,' 'Worrying,' 'Remembering.' This adds distance between you and the thought.

### 8. Visualization

Imagine a peaceful place in detail — a beach, forest, or quiet room. Let your mind rest there for a while.

## 9. Limit Stimulation

Silence notifications, take screen breaks, and avoid multitasking. A calm mind thrives in a calm environment.

