



MICE  
Mental health interventions for Children with  
Epilepsy

# Quick Calming Practice

Learning to make our bodies relax is a good way to keep from feeling too nervous, upset, or tense. **Quick Calming** involves relaxing our tense muscles, taking deep breaths and exhaling slowly, and thinking of a peaceful place. Quick Calming can be used anywhere. It is especially good to use when other people are around, like before a test, or when you've been caught off-guard by a situation that makes you tense.



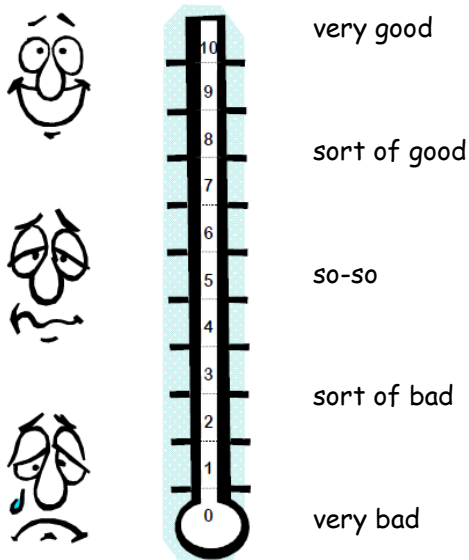
## Practice Instructions

One day this week, practise Quick Calming using the following steps:

1. Find a time when you are in a public place, such as sitting on the bus, in your classroom at school, or in a waiting room.
2. Use the **Feelings Thermometer** to show how you feel before you start using Quick Calming.
3. Do the three steps of Quick Calming (they spell **ReST**):
  - **R**elax your muscles
    - Relax the muscles, especially those that feel most tense
  - **S**low your breathing
    - Take slow, deep breaths and exhale slowly each time
  - **T**hink of a peaceful place
    - Picture a peaceful place and imagine that you're relaxing there
4. Use the Feelings Thermometer to show how you feel after you used Quick Calming

Day of the week: \_\_\_\_\_

How I felt before Quick Calming



How I felt after Quick Calming

