

Utilizing Tools To Regain Emotional Control

- 1) Breath With The Sound-AHAH
- 2) Stomp Feet Or Jump Up And Down For A Minute
- 3) Push Tongue Back To Front Teeth
- 4) Slow Deep Breathes In Through Nose Out Through Nose
- 5) Wash Hands Cold Water Or Cold Shower
- 6) Drink More Than You Think Fluoride Free Water
- 7) Hug Yourself / Inner Child (Speak Nicely To You)
- 8) SHAKE Like A Dog Your Whole Body
- 9) Dance
- 10) Exercise
- 11) Run
- 12) Draw
- 13) Journal (Let It Out)
- 14) Meditation Or Sound Frequency
- 15) Gratitude For What You Have

Triggers Give You An Opportunity To Find The True Meaning Of The Issue.
Here Is Some Support Along Your Journey..

If You Like To Dive Deeper & Need Guidance Please Set Up An Appointment
With

Marsha Mahaffey And I Love Me Center

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