

7 Ways to Calm Your Body

Simple techniques to return to a sense of safety when stress peaks

Kamil Han · Global Certified TRE® Provider

When we are stressed, thinking clearly becomes hard because the body is in protection mode. The fastest way to calm the mind is often through the body. Try the techniques below — not every one suits everyone, so choose what feels most comfortable for you.

1. Breathe out longer

Breathe in through your nose for a count of 4, and out slowly through your mouth for a count of 6 to 8. A long exhale helps activate the body's rest system. Repeat 5 to 10 times.

2. 5-4-3-2-1: come back to now

Name 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell, and 1 you can taste. This brings attention out of spinning thoughts and back into your surroundings.

3. Feel your feet

Place both feet flat on the floor. Press gently and feel the floor supporting you. Notice your weight settling downward. This is called 'grounding'.

4. Butterfly hug

Cross your arms over your chest, fingertips resting below your collarbones. Tap gently, alternating left and right, while breathing slowly for one to two minutes.

5. Orient with your eyes

Let your eyes slowly explore the room as if seeing it for the first time. Pause on something pleasant — a colour, a plant, the light. This signals to your nervous system that the environment is safe.

6. Shake & move

Gently shake out your hands, shoulders and legs for 30 seconds to a minute, like flicking water off your hands. Movement helps release stuck, tense energy.

7. Hand on heart

Place one hand on your chest and one on your belly. Feel the warmth of your hands. Say something kind to yourself, such as: 'I am safe right now. This will pass.'

When you need more help

These techniques help in difficult moments, but they are not a substitute for support. If stress continues or gets heavier, talk to someone you trust, a counsellor or a doctor. Guided TRE sessions can also help build a sense of safety in the body over time.

In an emergency or if you have thoughts of harming yourself, please call 999, Talian Kasih 15999, or Befrienders KL 03-7627 2929.

YOUR NEXT STEP

These techniques help today. TRE helps for the long run.

This guide is a good start. But what is stored in the body usually needs to be released through the body too. In a TRE session I guide you safely, step by step, until you can practise on your own at home.

“When my child cried, my hand used to go up first. Now when he cries, I hug him. I'm human again, no longer a lion.”

A mother, day 5 of practising TRE

Private session

In person · 90 min

RM 2,500

Group workshop

Minimum 5 people · 2 hours

RM 786 / person

Online session

Video call · 60 min

RM 1,500

Book on WhatsApp: +60 17-693 3166

I have been where you are. You don't have to go through it alone.

Kamil Han, Global Certified TRE® Provider