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What is Calm Body

Discover the power of a calm body for better focus and relaxation!

DEFINITION

> A calm body is when you feel relaxed and peaceful, helping you focus and feel good. It involves using your breath and body to create a sense of tranquility.

KEY CONCEPTS

Deep Breathing

Taking slow, deep breaths can help calm your body and mind.

Body Awareness

Noticing how your body feels can help you relax and release tension.

Mindful Movement

Gentle movements like stretching can promote relaxation and calmness.

Visualization

Imagining a peaceful place can help create a sense of calm.

Gratitude Practice

Thinking of things you are thankful for can shift your focus to positivity.

EXAMPLES

→ Take five deep breaths before starting homework.

→ Stretch your arms and legs while listening to calming music.

→ Visualize a beach while sitting quietly for a few minutes.

MEMORY TIPS

★ Remember 'Breathe, Feel, Move' to recall the steps to calm your body.

★ Use the acronym 'C.A.L.M.' for Calm, Awareness, Light movement, and Mindfulness.

★ Think of a peaceful color like blue to remind you of calmness.

COMMON MISTAKES

✗ Forgetting to breathe deeply when feeling anxious.

✗ Rushing through calming exercises instead of taking time.

✗ Not noticing physical tension in the body.

QUICK RECAP

A calm body helps you feel relaxed and focused. Use deep breathing, body awareness, and gentle movements to achieve calmness. Remember to practice regularly for the best results.