

The Quieting Reflex is a stress management technique created by Dr. Charles Stroebel.

- Become aware that you are feeling stress.
- Give yourself an “inner smile.” Imagine that you have eyes and a mouth on the inside of your face and smile to yourself!
- Say to yourself, “Calm body, alert mind.”
- Inhale slowly; imagine that you have holes in the bottom of your feet and the breath is coming up through your soles.
- As you exhale, allow the muscles in your neck, jaw and tongue to relax.
- Imagine a wave of warm, heavy energy moving down through your body and out your feet, and allow yourself to feel limp and loose.