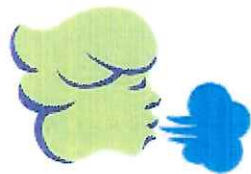


Calm Down Strategies

1

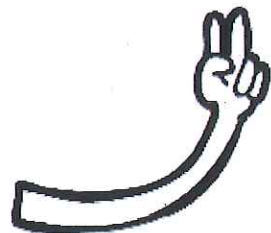
RELAX

Take Deep Breaths



2

Count Forwards & Backwards



3

State Your Feelings



4

Take A Short Break



5

Think Positive Thoughts

→ believe →

6

Change Your Environment Or Position



7

Think About What You Need



8

Accept Help



9

Think About If/Then...



10

What Size Is The Problem?

