CALMING STRATEGIES

When we have a problem, it can make us feel angry, frustrated, or upset. There are many different strategies we can use to stay in control:

* Take deep breaths: Breathe in through your nose and out through your mouth
* Relax your muscles
* Visualize a calm event
* Take a break
* Give your hands deep pressure by pressing them together firmly
* Write your thoughts in a journal or speak them into a memo on your tablet