

How Can I Calm Down?

We can all feel angry, frustrated, upset and out of control at times. It can be difficult to manage these emotions. The way in which you decide to manage these emotions is important.

The first step is to think about what makes you feel this way. Write down all the situations that cause you to feel these emotions. Be honest, as this will help you understand what your triggers are. The next step is to work out what coping strategies you can use to help you feel better.

My triggers are:

1.

2.

3.

4.

On the next page, there is a list of strategies you could use to help you cope with the situations and help you return to a calm state. You may have already tried some of these ideas. Other ideas will be new to you.

Read through this list with the person you are with and then think about:

- Do you think it would work?
- What would you need to help you make it work?
- Who would you need to help you make it work?

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Please circle the ideas you think you could use.

Drink water.



Listen to music.



Read a book.



Count to ten.



Find a place you feel calm.



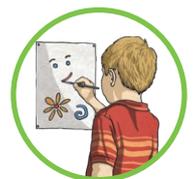
Breathe deeply and slowly.



Use mindfulness to help.



Paint or draw a picture.



Tell someone how you feel.



Think about the ideas you have tried before to help you return to being calm. Write or draw them below: