

Calming Strategy

Take a Break



How?

- ★ 1. Ask for a break.
- ★ 2. Set a timer.
- ★ 3. Choose a relaxing place or activity.
- ★ 4. Return to work when timer goes off.

Why?

- ★ Breaks up repetitive tasks.
- ★ Relieves stress from difficult tasks.
- ★ Allows your brain and body to “reset.”

When?

- ★ When you can't focus on an activity.
- ★ When you start to feel frustrated or.
- ★ After a difficult task.