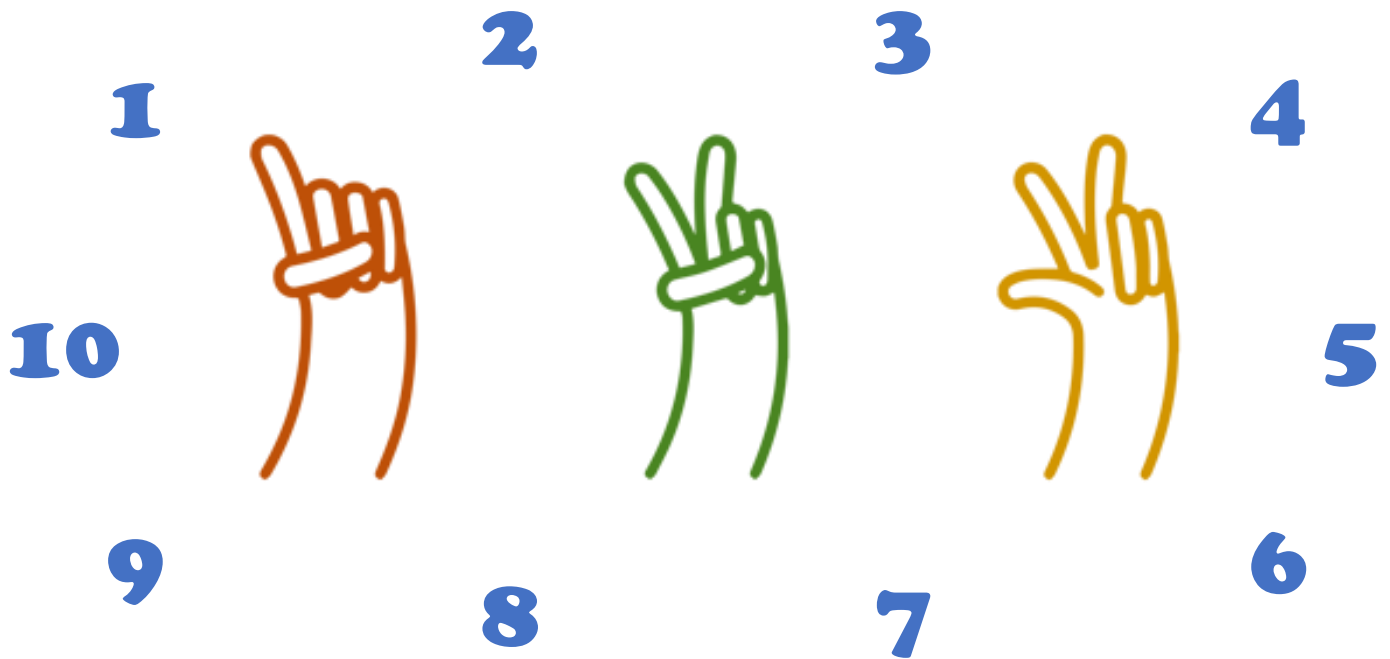


Calming Strategy

Count



How?

- ★ Count to a specific number.
- ★ Repeat until you are calm.
- ★ Count slowly. Breathe in between numbers.

Why?

- ★ Reduces impulsive reactions.
- ★ Gives you a chance to calm down.
- ★ Helps you think about something else.

When?

- ★ When you feel angry or frustrated.
- ★ When you feel overwhelmed.
- ★ Before or after a stressful activity.