



## Calm Down Strategies

### THINGS I CAN DO TO CALM DOWN!

- Take 3 deep breaths
- Count from 1 to 10 (and if you're still angry, count again from 10 to 1)
- Find a trusted person to talk to about what is bothering you
- Walk outside and try to name 5 blue things you can see
- Walk outside and try to name 5 things you can hear
- Get a hug or give a hug
- Play with your pet
- Light a candle solely focusing on its light and smell
- Listen to your favourite music
- Jump up and down for a minute
- Think of a peaceful place or look at a picture of your peaceful place
- Play music on an instrument
- Hit a pillow
- Look at your favourite pictures on your phone
- Draw a picture of why you're angry
- Walk outside and take deep breaths
- Talk yourself into being calm: say, "Be calm, be calm" or "I can handle this"
- Tense and relax your muscles
- Visualize yourself calming down

Was there anything that you noticed while doing this activity? If so, write it down so you can bring it up in your next session with your psychologist.

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*Feelings are just visitors, let them come and go. - Mooji*