### THE PATH TO CALM



### Pause

Step 1: Pause.

Instead of acting on feelings right away, stop yourself and think things through. Count to 100 or say the alphabet backwards.



# Acknowledge

Step 2: Acknowledge what you're feeling.

For example, are you mad at someone, or are you sad because your feelings were hurt by what they did? Whatever it is that you are feeling, it is ok to feel that way.



### Think

Step 3: Think.

Now that you have taken a few moments to figure out what exactly it is that you are feeling, think about how you can make yourself feel better.



## Help

Step 4: Help.

Take an action to help yourself based upon what you came up with in the "Think" step.



If you still feel sad, worried, or scared after trying to help yourself, you might be showing the early warning signs of anxiety or depression.

A screening is an anonymous, free, and private way to learn about your mental health. Visit mhascreening.org to take a screen.

A screening is not a diagnosis, but it can be a helpful tool for starting a conversation with your doctor or a loved one about your mental