

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.