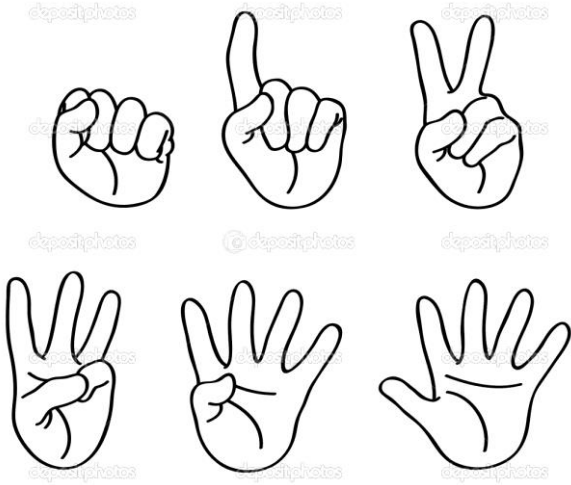




Calming Down Tricks



Make fist flowers.



Have a drink of water.



Picture yourself dealing with the situation calmly and strongly.



Walk away.



Tell yourself to STOP!



Breathe deeply in and out five times.