

Managing Stress

helpful ways to calm down



Press your feet firmly into the ground for **5** minutes.

STAY CALM

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Tell yourself, "I am calm" **5** times.



Take notice of **5** things in front of you and describe them in detail.



Take **5** deep breaths.



Take **5** sips of water.

TAKE

5



Cross your arms tightly and squeeze for **5** seconds.



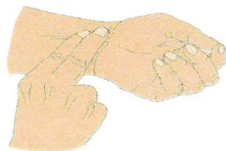
Count **5** red objects in the room, then do it again with each color of the rainbow.



Listen to **5** minutes of calm music.



Take **5** seconds for each muscle group to squeeze and release.



Count your pulse for **5** minutes.



Bring your full attention to your pencil tip as you doodle **5** objects.



Stretch **5** body parts.