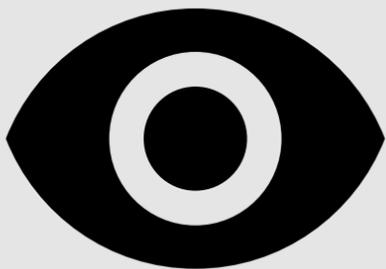


SIMPLE STEPS TO CALM DOWN



5

SEE

Look around and name 5 things you can see. Sometimes it helps to pick a certain color or shape to find. If you are able to, say these things out loud. If you need to, say these things in your head.



4

HEAR

What are four things you can hear? Maybe it's your own breathing or your heart. Sometimes you can hear the lights making a buzzing sound. Is there a clock near you? Maybe others are talking.



3

FEEL

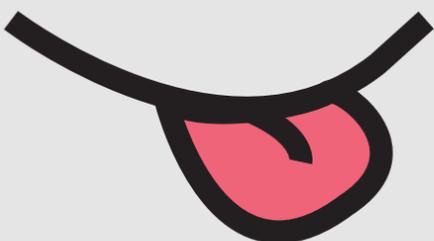
What are three things you can physically feel? Are your feet pressing into the ground? Are you sitting in a chair or maybe standing? Can you feel your breath or your heart beating? Is there tension in your neck, shoulders or hands? If you notice tension, can you release any of the tension?



2

SMELL

Name 2 things you can smell. Maybe it is the smell of your laundry detergent/soap/shampoo. If you are unable to smell anything, name two smells that help calm you down.



1

TASTE

Finally, what is one thing you can taste? Maybe you can still taste the toothpaste on your teeth or what you ate last. If you are unable to taste anything, think of a taste that is your favorite.

JUST REMEMBER...

5, 4, 3, 2, 1