

Calm Downs



1. Imagine somewhere nice and picture yourself being there.
2. Count backwards.
3. Do some exercise – jog, swim, walk, go to the gym, yoga, dance.
4. Talk to yourself in a positive way.
5. Remind yourself that you want good things to happen.
6. Remember something funny that happened recently.
7. Try relaxation techniques like deep breathing or doing a head-to-toe relaxation by relaxing and contracting your muscles one after the other.
8. Either solve it or leave it – sometimes it's a good idea to leave a problem alone because it isn't the right time to sort it out.
9. Be assertive – Talk to the other person in the following way:
10. When you ... (describe what they said or did), I feel ... (describe how you felt) and what I would prefer is ... (describe what you want them to do or say instead).
11. Start a journal and write in it each day. Note down how you're feeling and what you want to do. Then write what you are going to do.
12. Get a piece of drawing paper and just quickly make all kinds of patterns and squiggles on the page using different colours if possible. Make the patterns reflect how you feel. Watch to see if there is any change as you do it.
13. Find someone who is a good listener and who you trust and talk to them about what happened.
14. Instead of drawing you could sing and make noises to express how you feel. If you're not a singer find some music you like that expresses it instead.
15. Find a funny film or go onto YouTube and find some funny clips – laugh your anger away.