## **COUNTDOWN TO CALM**

Use this 5-step countdown whenever you need to calm down from an upsetting situation. Whatever you do, remember that calming down is the best way to prevent things from getting worse, so just lean on these tips whenever you need to feel better after or during a tough moment.

MINUTES TO
WALK AWAY FROM
WHATEVER OR
WHOEVER HAS
YOU FEELING
UPSET

5

Removing yourself from a fight or personally frustrating situation is the first step to try to work on regaining control. Go for a quick walk, ask to step into the hallway, or go to the bathroom. Try not to loop in others that may fuel your fire.

EMOTIONS YOU CAN NAME YOU ARE EXPERIENCING Naming your emotions will help you regain clarity. It is easy to feel overwhelmed when you're feeling super-heated. Say aloud the specific words that describe how you are feeling. Then, you will be able to communicate exactly how you are feeling about the events.

THINGS YOU NEED TO COMMUNICATE What is it that you want and need to say now to help heal the situation or move forward? Write or mentally store three things you need to communicate with others to express your needs. These can also be three things you need to tell yourself. For example, maybe you need to forgive yourself for a mistake so that you can keep going.

ACTIONS YOU CAN TAKE What are TWO specific things you can do to bring about a solution? These could be things you do or say. Think about apologies that you owe or you would feel ready to receive. Check with your school's policies if there are required actions to take if the situation is serious.

PERSON YOU CAN GO TO FOR SUPPORT Who is going to continue to support you? Do you need a mediator to help fix a fight? Or do you need help studying to do better on a test the next time? If the situation requires a trained professional, be sure to exercise courage and get help in finding the right person. Knowing and naming who you are going to go to for ongoing help will make you more likely to reach out.