**8 WAYS YOU CAN CALM DOWN, NO MATTER WHERE YOU ARE TOO.**



****All children & teens have a hard time regulating their emotions. Some have a tougher time than others. For those that need a bit of extra help, these calming tools that you can do ANYWHERE, will provide you with the skills necessary to calm down in any situation.

1. **COUNT TO 5.**

*Counting is a great way to help you learn how to stop & think before reacting to your anger. Impulse control is difficult to come by for young people. This simple tactic will give you a chance to think before you act.*

1. **TAKE A DEEP BREATH.**

*Deep breathing is such a great relaxation technique. Despite how you may be feeling, taking a deep breathe (or two) can help you calm your body quickly.*

1. **BLOW INTO YOUR HANDS.**

*This is another technique for prompting deep breathing. By blowing directly into your hands rather than the air, you receive feedback and will feel the strengths of your breaths.*



[This Photo](https://commons.wikimedia.org/wiki/File:SMirC-worry.svg) by Unknown Author is licensed under [CC BY-SA](https://creativecommons.org/licenses/by-sa/3.0/)

1. **PLACE HANDS IN POCKETS.**

*This act provides you with some deep pressure and physical restraint. An alternative to this would be to sit on your hands or clasp them tightly.*

1. **ACKNOWLEDGE ANTECEDENTS TO ANGER.**

*It is so important that you begin to notice and realise what happens to your body when you become angry. What does your face feel like? Is their tension in your body?*

1. **MAKE A FIST, THEN RELAX THE HAND.**

*Squeezing hands into fists and then releasing is a great way to remove some of the tension built up in your body. Often you may not realise how much tension you are holding in your body when becoming upset.*

1. **DO A BODY SCAN.**

*Start at the head, working down the body, notice areas of tension and relax those muscles.*

1. **ASK FOR A HUG.**

*Contact may be the last thing you want or are use to, but if it is an option, it helps to release our love hormone which sends this good feel chemical around your body, supporting you to feel better.*