

5 ways to feel calmer

Try one whenever worry or panic shows up

1

Balloon breathing

Breathe in slowly through your nose for 4 counts, like filling a balloon. Breathe out through your mouth for 6 counts. Do this 5 times.

2

5-4-3-2-1 game

Name 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell, and 1 you can taste. It pulls your brain back to right now.

3

Squeeze and let go

Squeeze your hands into tight fists for 5 seconds, then let go and shake them out. Notice how much looser they feel.

4

Kind self-talk

Say to yourself, "this feeling is scary but it will pass" or "I am safe right now." Your words can be a friend to you.

5

Find your safe person

If it still feels too big, go find a grown-up you trust and tell them how you feel. You never have to handle it alone.

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Keep this where you can find it easily — your backpack, your room, or with a trusted adult.