

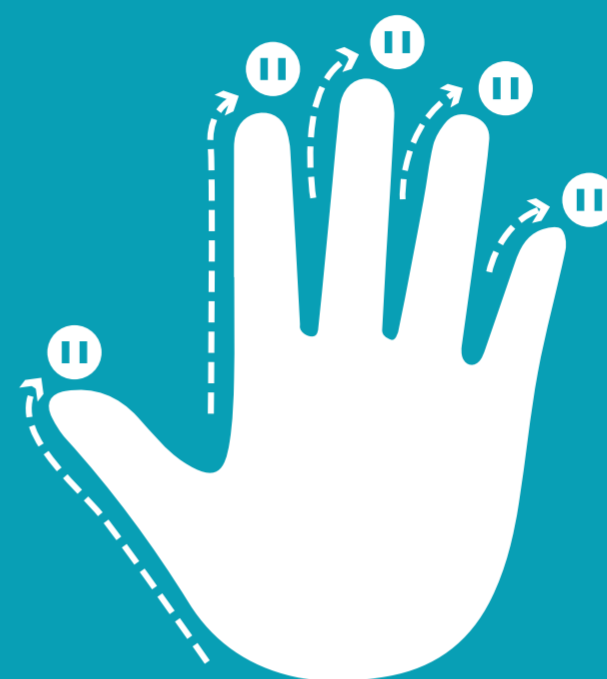
Time to

De-escalate!

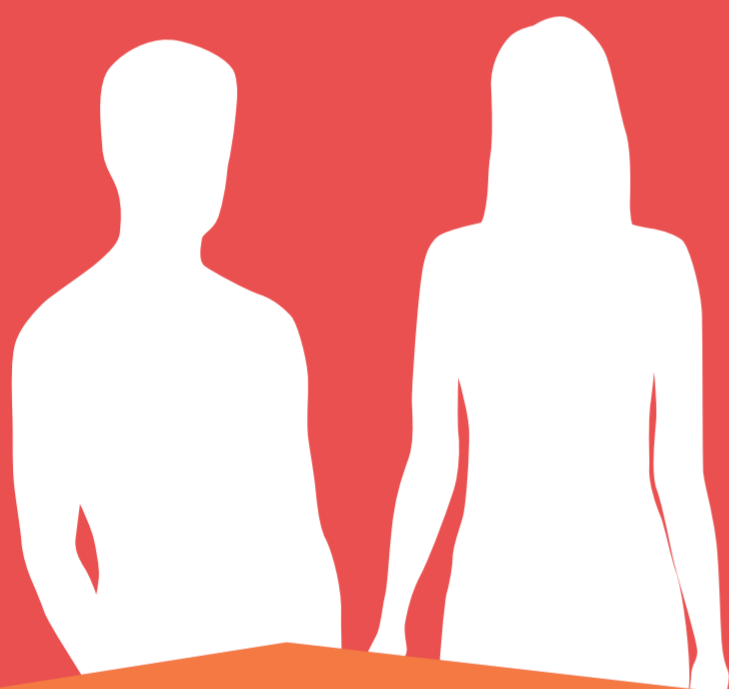
When you start feeling **overwhelmed**, try one of these strategies to help you **de-escalate**.

Discover what works best for **you**.

Refocus. Breathe in tracing up your finger, **pause** and **breathe out** tracing down



Walk and talk with someone you trust about your escalated feelings



Pause and think: "Thanks mind, I'm feeling (emotion), I'll pause, reset and start again."



Feel good by thinking about your **positive emotion source**



Count backwards from 10 then activate a **character strength**

