

Time to

# De-escalate!

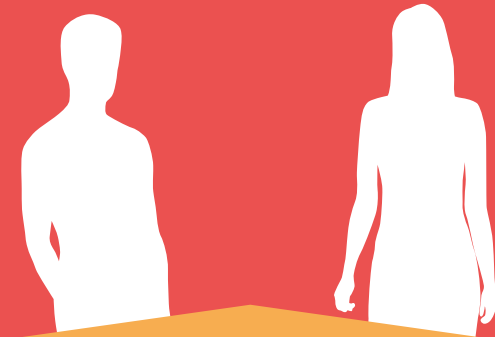
When you start feeling **overwhelmed**, try one of these strategies to help you **de-escalate**.

Discover what works best for **you**.

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



**Connect** 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**

