



# PATH TO CALM

FOLLOW STEPS ONE  
THROUGH THREE TO  
DEESCALATE YOUR FEELINGS.

## PAUSE

### Step 1: Pause

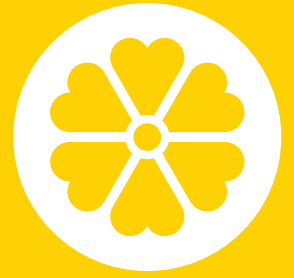
Instead of acting on feelings right away, stop yourself and think things through. Count to 100 or say the alphabet backwards.



## ACKNOWLEDGE

### Step 2: Acknowledge what you're feeling

For example, are you mad at someone, or are you sad because your feelings were hurt by what they did or said? Whatever it is that you are feeling, it is okay to feel that way.



## THINK

### Step 3: Think

Now that you have taken a few moments to figure out what exactly it is that you are feeling, think about how you can make yourself feel better.



## HELP

### Step 4: Help

Take an action to help yourself based upon what you came up with in the 'Think' step.

