Use these ways to calm down

MEMORY

HELPER



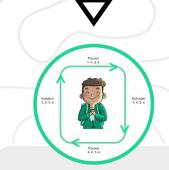
GRADE

Dance Have fun and feel good



My

Visualization Imagine images that make you feel good



Respiration Control the rhythm of your breathing to calm down



OFF

TRAIL

Méditation Focus your attention on the present moment

Get to know others instead of judging them

Learn to recognize your emotions and their effects on you



Assert yourself when you don't feel comfortable in a situation

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