

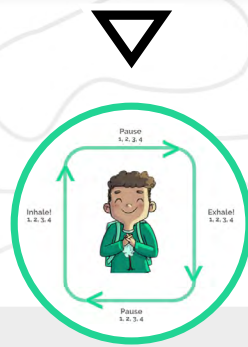
Use these **ways** to **calm down**



**Dance**  
Have **fun**  
and feel  
**good**



**Visualization**  
**Imagine**  
**images**  
that make you  
feel **good**



**Respiration**  
**Control**  
the **rhythm** of  
your **breathing**  
to **calm down**



**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

