



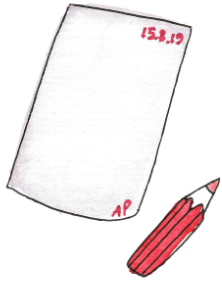
Count to ten.



Take deep breaths.



Relax in
a safe space.



Do an activity.

Calm down strategies



Fiddle with
something.



Read.



Talk with someone.



Take some
time away.

