

# 6 TRICKS TO KEEP CALM

Try an idea from below next time you need to calm down. Rate how helpful it was.

**5/5** = problem solved

**4/5** = much better

**3/5** = mostly better

**2/5** = a bit better

**1/5** = a tiny bit better

**0/5** = no better



**Trick 1: Breathe slowly.** Breathing slowly calms your brain.



**Trick 2: 4-7-8 breathing.** Breathe in slowly through your nose for 4 seconds, hold your breath for 7 seconds then breathe out slowly through tight lips for 8 seconds. Repeat 3 times.



**Trick 3: Encourage yourself.** Talk to yourself like you would talk to a friend having a tough time. Try, 'I will get through this,' or 'this is tough but I'm tougher' or 'I have courage to handle most things.' Encouraging yourself is healthy for your brain and it grows confident and helpful thinking patterns.



**Trick 4: Get some energy out** by being active, doing progressive muscle relaxation or by talking to someone. Writing and drawing about your feelings can help too.



**Trick 5: Eat and drink healthy.** The food and drink that goes into your body can give you useful energy to think, play, learn and sleep well. Or it can give you unhelpful energy 'highs' and 'lows' that make you think, play, learn and sleep badly. Eat as much fresh, healthy food as you can and keep those sugary, salty foods for sometimes.



**Trick 6: Sleep enough.** A good night's sleep helps you recover from your day. Bringing you more energy for the next day.