

The PATH to Calm

1

PAUSE

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

ACKNOWLEDGE FEELINGS

For example: Are you mad at someone, or are you sad because you were hurt by their actions? Whatever it is you're feeling, it's okay to feel that way.

2

THINK

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

3

HELP YOURSELF

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

4



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