## Managing strong feelings

- 1. Stop and look around
- 2. Count to ten
- 3. Tell yourself: 'Be cool, be calm'
- 4. Take a deep breath, then breathe out slowly
- 5. Take another deep breath through your nose while you count to four, hold your breath while you count to two, then breathe out slowly through your mouth
- 6. Keep breathing like this.

Sometimes you need to pause and have time away.

