

B R E A K R O O M



01

Take 5
deep breaths.

Think:

What do I
feel?
What do I
need?



03

Decide what
zone you are in.

Maximum Energy
Out of Control

02

Extra Energy
Excited/Worried

Normal Energy
Normal Self-Control



Low Energy
Low Self-Control

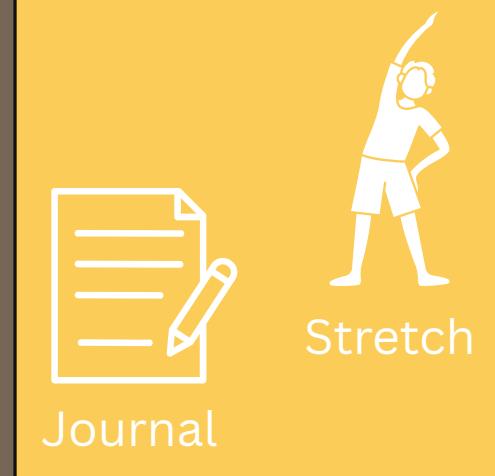


04

Pick a coping strategy for the zone.



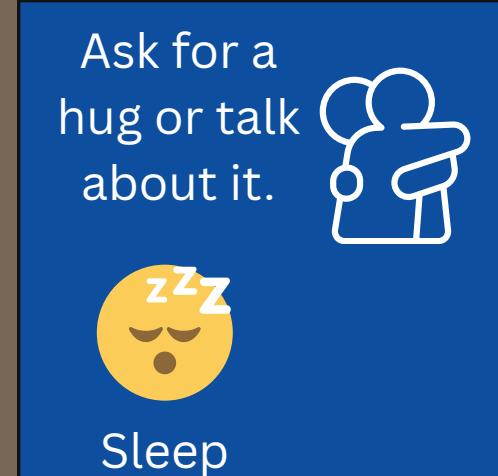
Exercise
Punch a
pillow



Stretch
Journal



Positive
self-
talk
Art
Laugh



Ask for a
hug or talk
about it.
Sleep

Check in with
yourself.

05

Am I **ready** to talk about it
or let it go?

Do I need someone
to **help** me?



06

Go back to what you
were doing, do
something else or talk
about it.



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