

# BREAK ROOM



01

Take **5**  
deep breaths.

Think:

What do I  
**feel**?  
What do I  
**need**?

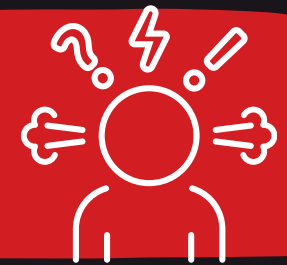
03



Decide what  
zone you are in.

02

Maximum Energy  
Out of Control



Extra Energy  
Excited/Worried

Normal Energy  
Normal Self-Control



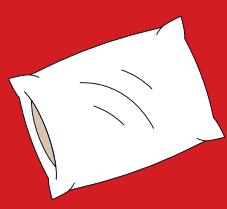
Low Energy  
Low Self-Control

04

Pick a coping strategy for the zone.



Exercise



Punch a  
pillow



Journal



Stretch



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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