



Tips for Families to De-escalate Tense Situations

ADMIT YOU'RE ANGRY

LABEL IT AND SAY IT OUT LOUD

JUST SAYING IT CAN RELEASE THE ENERGY



TAKE A DEEP BREATH AND COUNT TO 10 IN YOUR HEAD

Do this until you feel your heartrate slow down



GET FRESH AIR

Open a window or go on your front steps and let the air surround you.



RELEASE THE ANXIETY OR ANGER WITH ACTIVITY

STRETCH or MEDITATE

RUN or JUMP IN PLACE



LISTEN TO MUSIC YOU ENJOY

It really does calm the soul



TAKE TIME FOR YOURSELF

even if it's just 5 minutes of quiet time in the shower or bedroom

