



Cooling down....
letting off steam

The steam release is a way to let go of physical tension when you are frustrated or full of emotions. This is an important step in dealing with pent up feelings. The aim is to **COOL DOWN** enough so you can **CHOOSE** how to react. Everyone is different. What works for you? Some ideas....



Breathing



Music



Count down



Time out



Walk



Quiet place



Exercise



Relaxation



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