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.....

- **Cooling down**
  - letting off steam

- **Music**
- **Breathing**
- **Count down**
- **Walk**
- **Time out**
- **Exercise**
- **Quiet place**
- **Relaxation**

?............................

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