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What is Calming Down

Calming Down: Your Superpower for Emotional Control!

DEFINITION

> Calming down means finding ways to feel relaxed and in control when emotions run high. It's an important skill that helps you manage stress and stay focused.

KEY CONCEPTS

Breathing Techniques

Taking deep breaths can help slow your heart rate and clear your mind.

Positive Self-Talk

Using encouraging words to yourself can boost your confidence and reduce anxiety.

Mindfulness

Being present in the moment helps you notice your feelings without getting overwhelmed.

Physical Activity

Moving your body, like dancing or running, can release built-up energy and stress.

Time-Outs

Taking a short break can give you space to cool down and think clearly.

EXAMPLES

→ When feeling angry, take five deep breaths before responding.

→ If you're stressed about homework, take a short walk to clear your mind.

→ During a tough moment, repeat a calming phrase like 'I can handle this.'

MEMORY TIPS

★ Remember 'Breathe, Talk, Move' as steps to calm down.

★ Use the acronym 'CALM' - Control, Acknowledge, Let go, Move.

★ Visualize a peaceful place to help trigger relaxation.

COMMON MISTAKES

✗ Ignoring feelings instead of addressing them.

✗ Rushing to react without taking a moment to calm down.

✗ Believing calming down is only for big emotions.

QUICK RECAP

Calming down is essential for managing emotions effectively. Techniques like deep breathing and mindfulness can help you regain control. Remember to practice these skills regularly to build emotional resilience.