

HEALTHY WAYS TO CREATE CALM

Review this list of ways others have found to stay calm, cool and in control when feelings try to boss you.

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| Bounce a ball | Pet a dog or cat |
| Carve some wood or soap | Play |
| Count to ten, twenty | Practice kindness |
| Count your breath | Read a poem |
| Count the stars | Read a book |
| Count your blessings | Read the bible |
| Create something | Read the Buddha's sayings |
| Crochet | Say a prayer |
| Draw | Sing a song |
| Dance a jig salsa, or jive | Smell a rose |
| Do 10, 20, or 30 sit ups | Smell a gardenia |
| Drink a glass of cold water | Smell some lavender |
| Drink a glass of warm milk | Study Torah |
| Drink a cup of hot chocolate | Walk |
| Drink a cup of tea | Take a nap |
| Hug a lover, friend, child | Take a warm bath |
| Hold a sleeping baby | Take a cold shower |
| Imagine happiness | Wash your face in warm water |
| Laugh | Wash your face in cold water |
| Knit | Write or recite a poem or a rap |
| Jog | Write in a journal |

The bird with the ruffled feathers must get out of the wind.

Anonymous