

Zone Strategies For Keeping Your Lid From Flipping



Staying home to keep others safe can be stressful at times. Before flipping our lids and taking our stress out on our loved ones, we can utilize one of our Zone Strategies.

<p>Draw a Picture.</p>	<p>Exercise</p>	<p>Take deep breath</p>	<p>Get a Drink of Water</p>
<p>Read a Book</p>	<p>Help Others</p>	<p>Stretch</p>	<p>Hug Yourself</p>
<p>When I take a deep breath, I smell a flower, Then blow out a candle.</p> <p>Flower Breathing</p>	<p>Take A Walk</p>	<p>Listen To Music</p>	<p>Ask For Help</p>
<p>Take-a-Break</p> <ol style="list-style-type: none"> 1. Sit on the chair 2. Be quiet and still 3. Calm down 	<p>Count to 10</p>	<p>Lazy 8 Breathing</p>	<p>Size of Problem</p>
<p>I CAN</p> <p>Positive Self-Talk</p>	<p>Squeeze a soft ball or playdough/putty</p>	<p>Call a friend.</p>	<p>THERE IS always, always, ALWAYS something to be thankful for.</p> <p>List 10 things/people you are thankful for.</p>