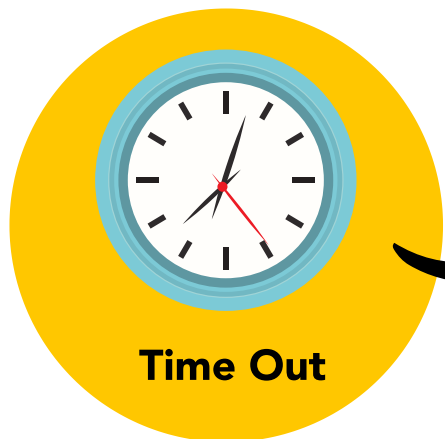


Emotional Management Strategies

Strategy:



Time Out

Why It Works:

Gives you a chance to cool down away from the pressure of the situation

Why It Works:

Releases natural chemicals that help you let go of tension and feel better

Strategy:



Walk It Out

Strategy:



Talk It Out

Why It Works:

Helps you understand the source of your stress and connect with others

Why It Works:

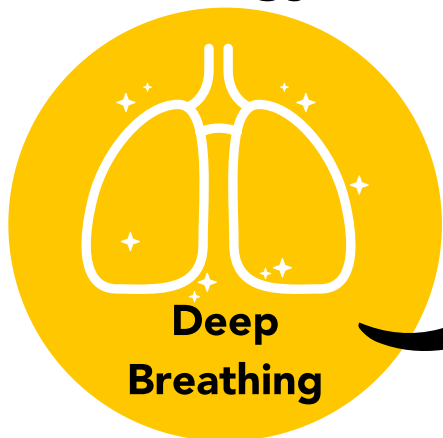
Helps you get some distance, think things through and review your progress

Strategy:



Write It Out

Strategy:



Deep Breathing

Why It Works:

Moves your focus from your stress to your breath, helps you release tension, and gets more oxygen to your brain for clearer thinking

Why It Works:

Helps let go of unwanted thoughts, decreases your pulse rate, and changes your focus.

Strategy:



Mindful Moment