



**TOP TEN WAYS TO CALM THINGS DOWN  
WHEN THINGS GET CRAAAAZZZAAAYYY!!!**

10. *Turn off the Television/Radio etc*
9. *Dim the lights*
8. *Turn on a fan or other “white noise”*
7. *Sit in a comfortable chair or sofa and close your eyes*
6. *Sip peppermint tea*
5. *Lower your voice*
4. *Slow down your speech*
3. *Take 5 deep breaths in and exhale slowly each time*
2. *Cuddle someone to share the calmness*
1. *Listen to the quiet around you before you make any other plans.*

*What do you hear?*

*How does your body feel now?*

*What is different?*

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