

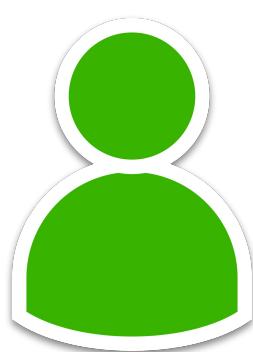
CALMING STRATEGIES TOOLBOX

Which tools will help with what you're feeling?

Which ones are you able to use right now?



WORKS FOR HIGH
STRESS SITUATIONS



Calm Your Body



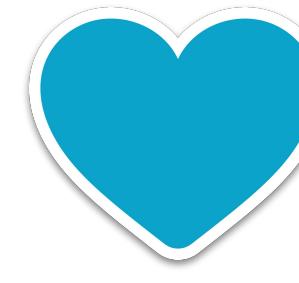
Calm Your Thoughts



Express Yourself



Change Your Space



Take Care of Yourself



Learn more
[tinyurl.com/
calmingstrategiestoolbox](https://tinyurl.com/calmingstrategiestoolbox)



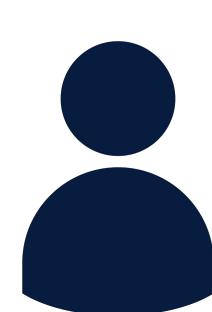
CALMING STRATEGIES TOOLBOX

Which tools will help with what you're feeling?

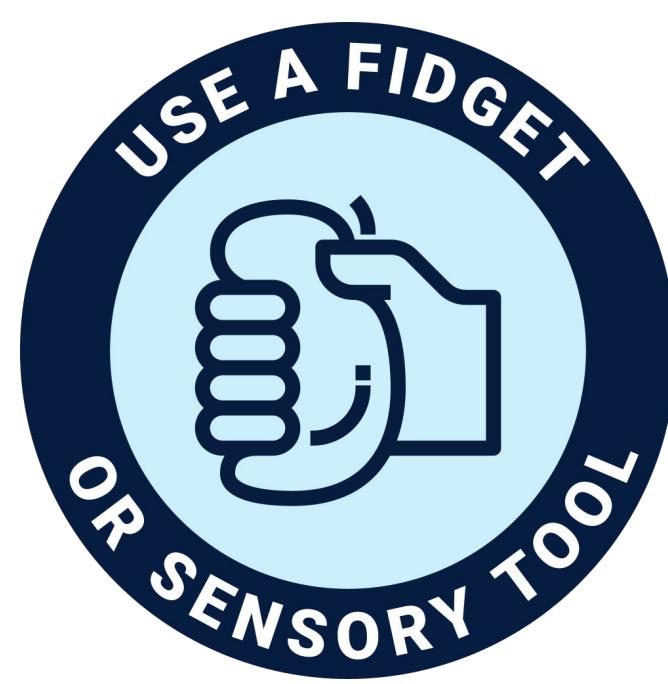
Which ones are you able to use right now?



WORKS FOR HIGH
STRESS SITUATIONS



CALM YOUR BODY



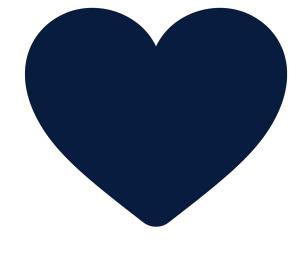
CALM YOUR THOUGHTS



EXPRESS YOURSELF



CHANGE YOUR SPACE



TAKE CARE OF YOURSELF



Learn more
[tinyurl.com/
calmingstrategiestoolbox](https://tinyurl.com/calmstrategiestoolbox)

