



FIVE TIPS TO CALM YOURSELF AT ANY MOMENT:

“S T A R T”

1. **Step Away** from where you're physically standing. I find walking to nearest utility room or even a washroom works well.
2. **Take Purposeful Breaths** in and out three times slowly. Pay attention to your breaths. Imagine the air coming in through the soles of your feet and traveling up through your body until it reaches the top of your head. Hold your breath for a couple of seconds and slowly release it. Feel your breath move down through your body and out the soles of your feet.
3. **Assess** what you are thinking and how you are interpreting it. Is there an underlying issue? Your feeling upset may actually be related to your vacation being cancelled, your unreliable childcare, or a strained relationship with your spouse, partner, or person you're dating. Sometimes recognizing what is actually upsetting you can help you calm down in a moment and find a solution to actual problem away from work.
4. **Realize** that you are not alone. There are others willing to support you.
5. **Tell** yourself that this is only a moment in time. Your life will not be defined by it, nor should your day.

