

Need to think, calm down, or sleep?
Do this 4 times:



Breathe
IN
for 4



Hold
for 4



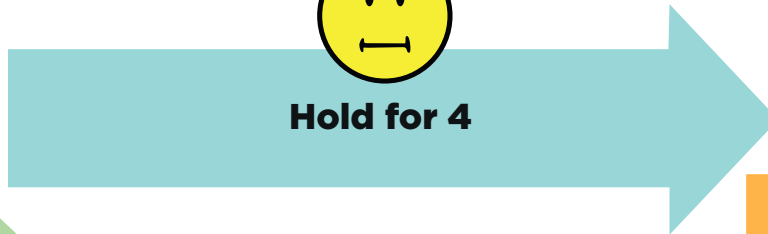
Breathe
OUT
for 4



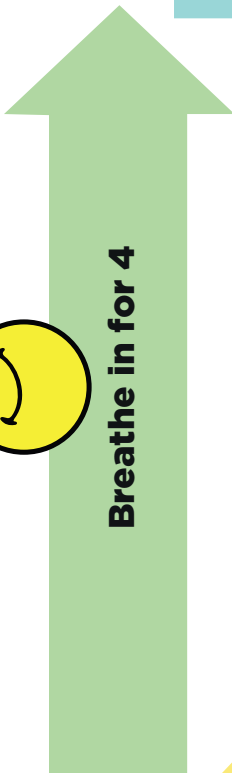
Pause
for 4



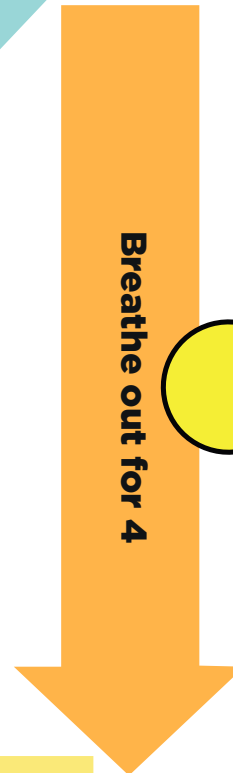
Hold for 4



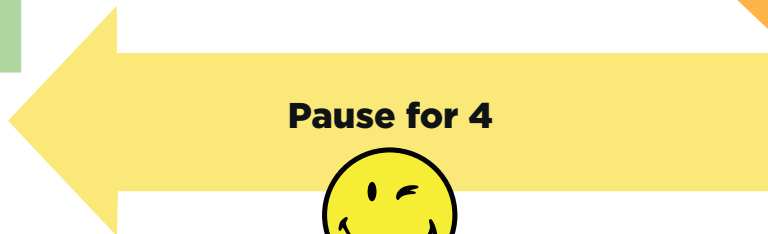
Breathe in for 4



Breathe out for 4



Pause for 4



RAINBOW BREATHING



HAPPINESS IS JUST A SMILE AWAY



S  **STOP**

Don't react straight away. Take yourself away from the situation if you can. Count to 10 and take a deep breath if you can't.

M  **MULL**

Mull it over and think about what happened. Who did what? Could something have been misunderstood? Try not to think of the worst reason why someone else did something.

I  **INVESTIGATE**

Investigate all the different ways there could be to deal with the situation.

L  **LIST**

List the things you could do.

E  **EXPRESS**

Express yourself by doing the action you have decided is the best way forward for you and everyone involved.

**Try one of these SMILE techniques
anytime you need a**

