

# The PATH to Calm

1

## PAUSE

Instead of acting on feelings right away, stop yourself and think things through. Count to 100 or say the alphabet backwards.

## ACKNOWLEDGE FEELINGS

For example: Are you mad at someone, or are you sad because you were hurt by their actions? Whatever it is you're feeling, it's okay to feel that way.

2

## THINK

Now that you've taken a few moments to figure out what exactly it is that you are feeling, think about how you can make yourself feel better.

3

## HELP YOURSELF

Take an action to help yourself based on what you came up with in the "Think" step.

4



Mental Health America

[mhanational.org](http://mhanational.org)