

# HELP NOW! Pt. 1

Sometimes I might feel very angry or worried.



My feelings may be so strong it is hard to think and I may get stuck outside of my resilient or "OK" zone.



When I feel this way, I can use the "Help Now!" skill.



Using the "Help Now!" skill may help calm my body.



I can do something physical like stretch my muscles, go for a walk, jump up and down or do push-ups against a wall.

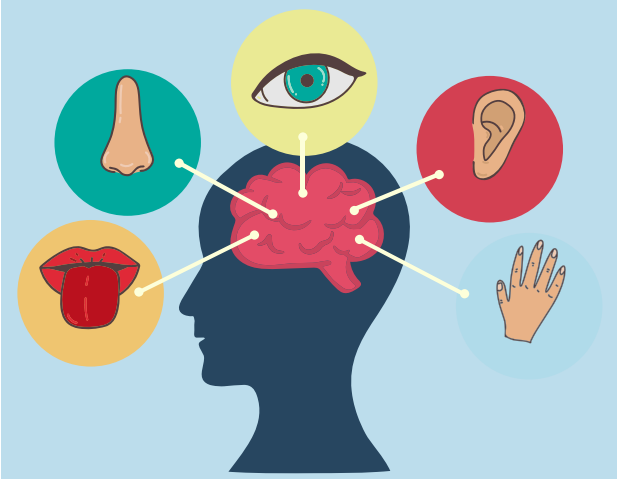


I can cool down by drinking something cold, or washing my hands in cold water.



# HELP NOW! Pt. 2

I can use my senses to find things that are different colors, textures, or pay attention to sounds around me.



I can slowly count backward from 20.



I can keep practicing things skills until I am calm and back in my resilient or "OK" zone.

