







HOW TO STAY CALM WHEN HARD TIMES IN SOCIETY STRIKE?

Some ideas to stay calm when we might need them most

<p>Breathing is essential: Take a breath in through the nose and out through the mouth. Repeat 10 times. Then try 10 more. It can take time, but it's worth the effort.</p>	
<p>Schedules: Making a schedule helps us feel better all the time. Make a schedule for part of the day or make a schedule for the whole day. It will organize you.</p>	
<p>Do something that you love: Perhaps something that is easy for you to focus on. This might be a puzzle, a movie, a book, exercise, and/or journaling. Don't be afraid to try a few.</p>	
<p>Ask someone for help if you are struggling: Sharing ideas is usually helpful for each of us, but sometimes it can be hard to ask for help. When we do ask for help, usually it makes it better.</p>	
<p>Call a safe person or friend: Phone calls and/or video calls can be wonderful. Sometimes just saying, "Hi" or "What's up?" is fun.</p>	
<p>Your idea: Come up with your own idea for something you love that is perfect for you. My idea is: _____</p>	

Schedule For _____

(your name↑)

(today's day/date↑)

#	Activity—What do you want to do?	Done or not?
1.		<input type="checkbox"/>
2.		<input type="checkbox"/>
3.		<input type="checkbox"/>
4.		<input type="checkbox"/>
5.		<input type="checkbox"/>
6.		<input type="checkbox"/>

Great work! Feel free to use as much as you need to stay focused and being your best self!

