

# Make a Chill Out Plan



When you feel stressed or uncomfortable, what do you do?  
What's your plan for chilling out when you get frustrated?  
Try these strategies to help you relax.

1. **Talk** to someone you trust.
2. **Count** to ten (or higher) to calm down.
3. Use positive **self-talk** such as,  
"I can handle this."
4. Squeeze a **ball**.
5. Read a **book**.
6. Go for a **walk or run**.
7. Take a deep **breath**.
8. Take a few minutes to **imagine**  
going to a favourite place or doing  
a favourite activity.
9. **Write** a letter (even if you don't send it)  
or write a journal entry.

