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.