

# WHAT TO DO WHEN YOU'RE LOSING YOUR COOL

## 1. Call a Time Out:

Like in a ball game, sometimes we just need to regroup.

Putting distance between you and your child benefits both.

Give yourself at least 20 minutes to cool down before re-engaging.

## 2. Relaxation / Meditation:

Taking deep breaths and focusing on the here and now encourages your body to relax by increasing oxygen to the brain. Take a deep breath to the count of 4, then exhale to the count of 4.

Allow yourself to release tension with every exhale.

## 3. Talk to Someone:

Call a trusted friend or family member to talk the situation through. Talking about a problem often gives you the opportunity to view the situation rationally.

## 4. Exercise:

Going for a brisk walk or jog around the neighborhood can cause a release of feel-good hormones, known as endorphins, which reduce the amount of stress hormones associated with frustration and irritability.

## 5. Ice Water:

Drinking or dunking yourself in freezing cold ice water can shock your system. It provides an opportunity to stop angry outbursts before you do or say something you may later regret.