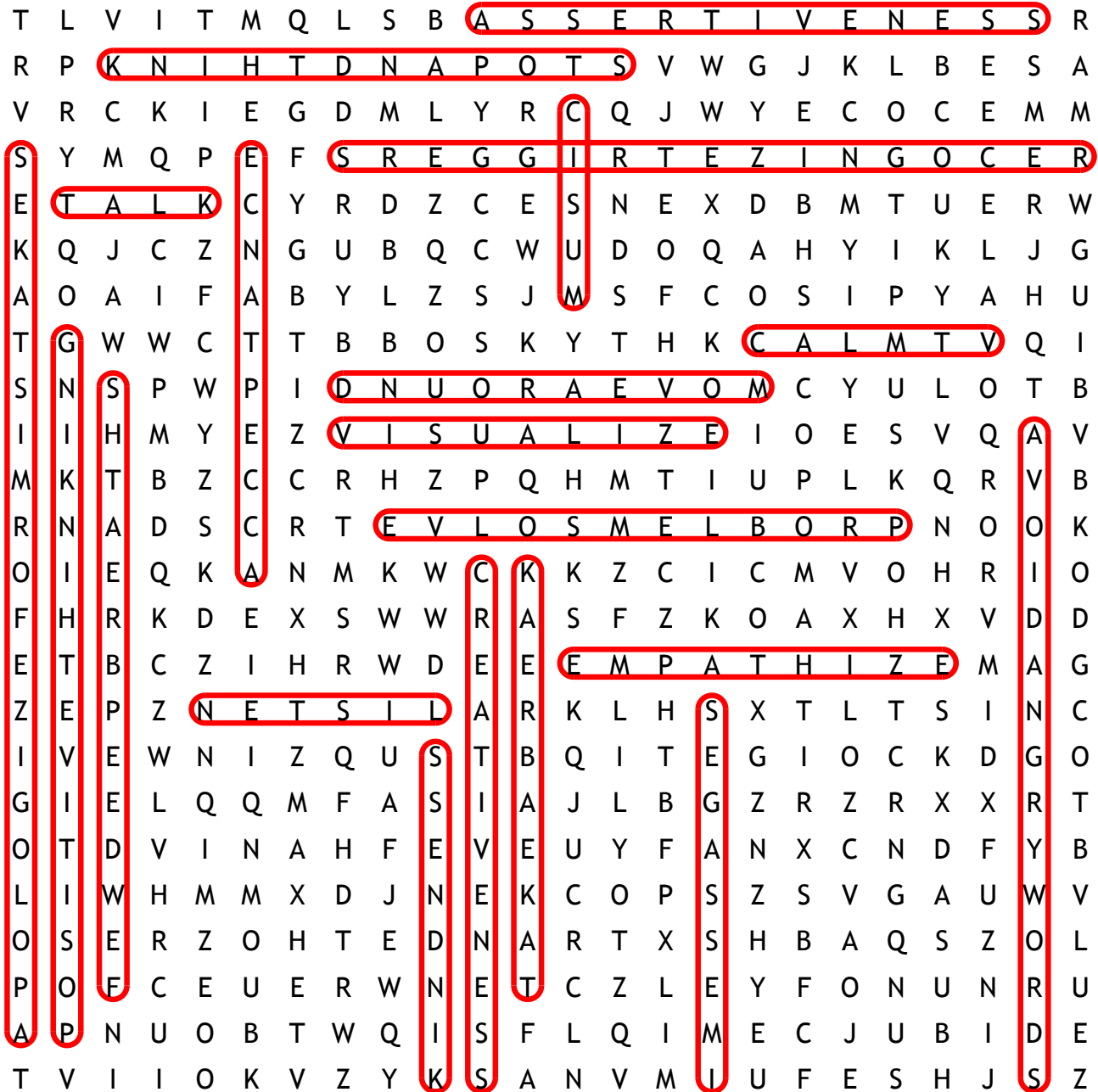


Name: _____

Date: _____

CHILL SKILLS



APOLOGIZE FOR MISTAKES
POSITIVE THINKING
PROBLEM SOLVE
TAKE A BREAK
IMESSAGES
KINDNESS
MUSIC

RECOGNIZE TRIGGERS
FEW DEEP BREATHS
ASSERTIVENESS
MOVE AROUND
VISUALIZE
CALM TV
TALK

AVOID ANGRY WORDS
STOP AND THINK
CREATIVENESS
ACCEPTANCE
EMPATHIZE
LISTEN