

NOTICING AND CALMING SKILLS

In order to effectively respond to stress and other uncomfortable emotions, we must first
NOTICE
what we are experiencing.

Once we notice our feelings and what is happening around us, we can then do things to
CALM
our minds and bodies.

Sometimes other people notice our stress before we do. When people notice and give us feedback, they can help us bring attention to our stress.

They might give us direct feedback by saying something like:
“**HEY, YOU SEEM STRESSED!**” or
“**WOW, SOMEONE IS CRABBY!**”

Or they might give us less direct feedback by
SNAPPING BACK at us or **AVOIDING** us.

Helpful ways to respond when you notice someone else is stressed:

"You don't seem like yourself right now. Is everything okay?"

"Hey, do you want to take a break right now?"

"Do you want to talk about what's stressing you out?"

"What are you feeling right now?
Anything I can do to help?"

"Is there anything that you need from me?"

REFLECT:

Think back on a time or times when you were feeling stress.

1. How did you become aware of the stress?

2. What did you notice about how stress impacts how you:

THINK

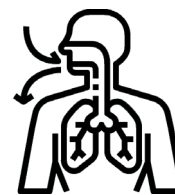
FEEL

ACT

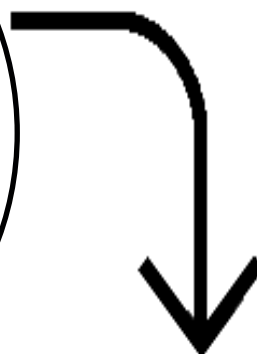
3. How did you respond? What was helpful and maybe not so helpful?

4. What information does that give you about how you might want to respond next time?

Once we've noticed how stress is impacting our thinking, feelings, and/or actions, we can take steps to calm ourselves. One of the best strategies for creating more calm is to **SLOW DOWN** and **BREATHE**.



Look familiar?
This is a
Green Light Skill!



**HOLD FOR
4 SECONDS**

REPEAT!



Remember, slowing down and breathing will not **FIX** your problem, and it may not even make you feel great. Slowing down and breathing gives our brain a break so we can make decisions that we feel good about.

CHALLENGE:

Try this breathing exercise and share what you notice in this moment with someone you trust. For more breathing exercises, check out the *Take a Breath!* handout.