

<p align="center"><b>GOAL DIRECTED ACTIONS</b></p>	<p align="center"><b>PROBLEM SOLVING*</b></p> <ul style="list-style-type: none"> <li>• Define problem</li> <li>• Generate possible solutions</li> <li>• Test the best one</li> <li>• Evaluate</li> </ul>	<p align="center"><b>Communication*</b></p> <ul style="list-style-type: none"> <li>• Asking for things</li> <li>• Compromising/making a deal</li> <li>• Discussing an area of disagreement</li> <li>• Explaining what happened</li> </ul>
<p align="center"><b>RETHINK*</b></p> <p><i>Am I making a thinking mistake? What is the evidence for and against? What else could be going on here?</i></p> <p>Negative vs. Wishful vs. Rational Helpful vs. Unhelpful</p> <p align="center"><b>BALANCED THINKING</b></p>	<p align="center"><b>Relationship Care*</b></p> <ul style="list-style-type: none"> <li>• Apologizing</li> <li>• Empathizing</li> <li>• Caring for others when sick or not doing well</li> <li>• Staying in touch</li> <li>• Positive strokes</li> </ul>	<p align="center"><b>REFOCUS*</b></p> <ul style="list-style-type: none"> <li>• Notice your unhelpful thoughts but bring your mind back to focus</li> <li>• Move on for now</li> <li>• Go with the flow</li> <li>• Come back to this later</li> </ul>
<p align="center"><b>CALMING &amp; CENTERING SKILLS</b></p>	<p align="center"><b>Breathe</b></p> <ul style="list-style-type: none"> <li>• Remember to inflate your belly like a balloon.</li> <li>• Breathe in slowly.</li> <li>• Stop at the top.</li> <li>• Breathe out slowly.</li> <li>• Do this 3x's.</li> </ul>	<p align="center"><b>Physical Activity</b></p> <ul style="list-style-type: none"> <li>• Stretch</li> <li>• Swing</li> <li>• Bounce</li> <li>• Dance</li> <li>• Jog/run</li> <li>• Jump</li> </ul>
<p align="center"><b>Busy Hands</b></p> <ul style="list-style-type: none"> <li>• Knitting/Latch hook/Cross Stitch</li> <li>• Stress ball/hand squeeze</li> <li>• Meditation stone</li> <li>• Dominoes/Legos/blocks</li> </ul>	<p align="center"><b>Sorting</b></p> <ul style="list-style-type: none"> <li>• Coins</li> <li>• Cards</li> <li>• Clothes</li> <li>• Toys</li> </ul>	<p align="center"><b>Mindfulness</b></p> <ul style="list-style-type: none"> <li>• Body check or scan</li> <li>• Focus on breathing and/or target image/idea</li> <li>• As thoughts come in, just notice without judgment and refocus on target</li> <li>• Work your way up from 2 minutes</li> </ul>
<p align="center"><b>Taking Space</b></p> <ul style="list-style-type: none"> <li>• Can we take a break and come back to this in ...?</li> <li>• I want to hear you, but I need a minute or two to collect my thoughts.</li> <li>• I need a minute to process this.</li> <li>• If necessary, just leave.</li> </ul>	<p align="center"><b>Progressive Muscle Relaxation</b></p> <ul style="list-style-type: none"> <li>• Squeeze lemons</li> <li>• Raise shoulders</li> <li>• Tighten belly</li> <li>• Lift legs</li> <li>• Squeeze toes in sand</li> </ul>	<p align="center"><b>Body Check</b></p> <ul style="list-style-type: none"> <li>• What you do see?</li> <li>• What do you hear?</li> <li>• What do you smell?</li> <li>• What do you taste?</li> <li>• What do you feel?</li> </ul>
<p align="center"><b>Soothing Our Senses</b></p> <ul style="list-style-type: none"> <li>• Sand/Rice/Lentils</li> <li>• Music</li> <li>• Bubble bath</li> <li>• Clay</li> <li>• Meditation stone</li> </ul>	<p align="center"><b>Visual Art</b></p> <ul style="list-style-type: none"> <li>• Painting</li> <li>• Sculpting</li> <li>• Coloring</li> <li>• Drawing</li> </ul>	<p align="center"><b>My Calming Plan</b></p>

\* Calm only