

JobTIPS



Coping Plan

When I feel angry or frustrated, I can take a break in a quiet place. During my break I will do these things to relax:

1. Take 5 deep breaths.
2. Say, "I can calm down. I need to relax."
3. Take 5 more deep breaths.
4. Count to 10 slowly.
5. Take 5 deep breaths.

When I finish relaxing, I will feel calm and return to work.