

KEEPING YOUR KOOL

"If you are patient in one moment of anger, you will escape a hundred days of sorrow." ~Chinese Proverb



Practical tips for calming yourself down:

- Breathe fresh air in long, slow, deep breaths while counting to 10.
 - Identify and acknowledge your true feelings to face them head on.
 - Manage your tension through positive physical activity; this will release serotonin and aid in feeling better.
 - Listen to your favorite music. Music has the power to transport us to a better place very quickly.
 - Write down what you are experiencing - this helps get your thoughts out of a loop of negativity.
- Visualize yourself relaxed in a pleasant and peaceful place.
 - Notice if you are tired or hungry or thirsty - meeting these needs can lower irritability.
 - Give the Life Savers Technique a try!

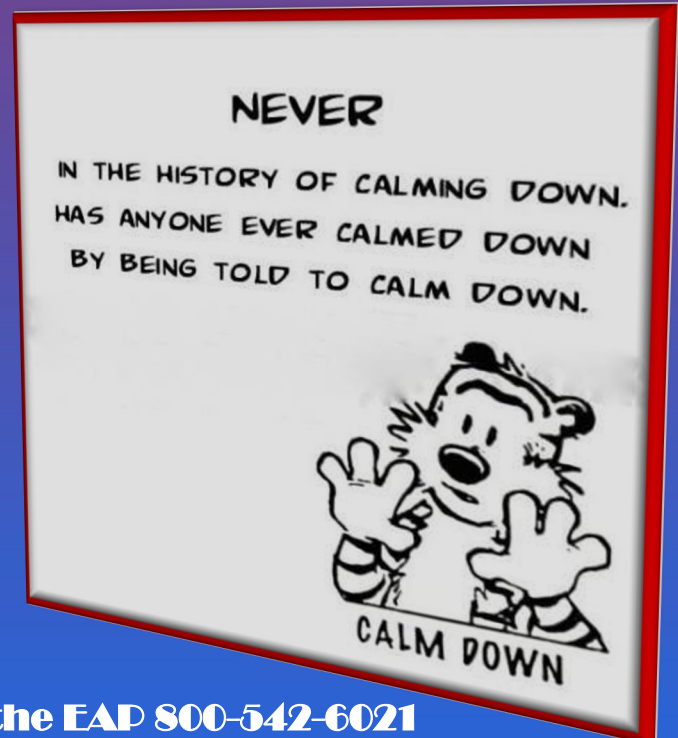
The Life Savers Technique

A simple, inexpensive, handy way to soothe yourself when you find yourself in a state of distress is to suck on a Life Savers type of hard candy.

Why it works?

- This technique takes advantage of the physiological link between the sucking reflex and achieving a state of calm that is evident in all newborn infants.
- Involves the ingestion of something sweet and sweet sensations are associated in the brain with pleasure - the antithesis of distress.
- Sucking patiently on a Life Saver (it takes about 5 minutes) gives you a little time to regroup and respond - rather than just reacting.

Do not bite the Life Saver - it defeats the purpose of the exercise!



Call the EAP 800-542-6021