

Coping when things get tough

How to 'cool down' and 'warm up'

When you feel too 'hot' emotionally

Angry, terrified, feeling out of control...

You need to 'cool down' to get back into your thinking brain

'cool
down'



I'm okay



'warm
up'

When you feel too 'cold' emotionally

Sad, bored, tired...

You might need to 'warm up' to feel more alert and comfortable

TIPS: to 'cool down' when your emotional brain is taking control

Cold water

- splash your face with cold water
- hold your hands under the cold tap and breathe slowly

Intense exercise

- 'burn off' some of that horrible feeling inside
- you could do running on the spot, star jumps, press-ups, or whatever works for you

Hand breathing

- use a finger from your writing hand to trace round the fingers and thumb of your other hand
- breathe in deeply as you trace up your fingers, and breathe out deeply and slowly when you trace back down

TIPS: to 'warm up' when you feel low

Get moving

- you might feel like staying still but move if you can - exercise
- if you can't, get out of bed or move to a different room

Be social

- you might want to hide away, but being with other people helps when you're low
- speak to someone if you can, in person, phone or video
- if you can't, could you text, write a letter, or just be with someone even if you're not talking, it helps

Look after yourself

- you might not care how you look right now, but it helps to: have a shower and brush your teeth; change into some 'going out' clothes; do your hair or your make up