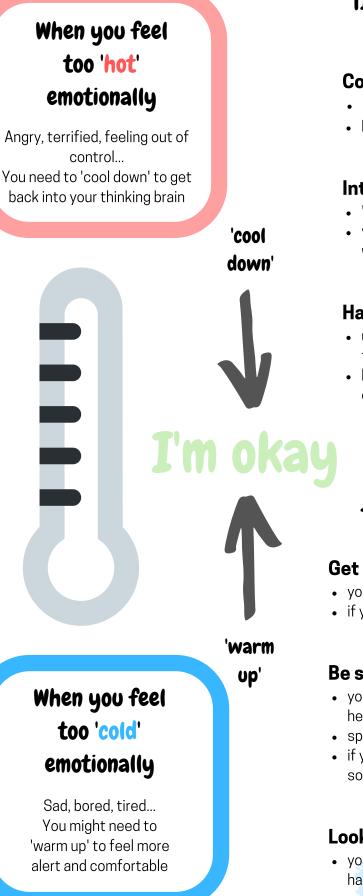
# Coping when things get tough

How to 'cool down' and 'warm up'





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

#### Cold water

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

#### Intense exer<mark>cise</mark>

- '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