

T

Temperature (to calm down immediately)

- Use an ice pack or something frozen around your cheeks and forehead
- Lean over and hold your breath for 30 seconds
- Put your face in a basin of cold water and hold your breath for 30 seconds
- Have an ice cold drink of water

I

Intense exercise (to calm your body down)

- Engage in intense exercise for a short period of time
- Stim dance, starr jumps, short fast running, playing basketball to expend stored up energy

P

Paced breathing (to slow down your breathing)

- Breathe deeply into your belly
- Breathe in for four seconds, hold for four seconds, breath out for four
- Figure out what pace works for you (3, 5, 7 also works)
- Breathe out more slowly than you breath in

P

Paired muscle relaxation (to help you calm down)

- While breathing into your belly, deeply tense your body muscles and notice the tension in your body
- While breathing out say the word 'relax' in your mind and let go of the tension
- Notice the difference in your body