

## Ways to Cool Down

*Identify strategies that support you in calming down after you notice your judgment signal. Select 3-4 that you will use when you are in judgment.*

- Assume positive intent
- Breathe
- Imagine an oasis
- Shake things up
- Take a time-out
- Take a different perspective
- Seek out empathy from a friend
- Give empathy to yourself
- Exercise
- Get a second opinion
- Consider your contribution
- Have compassion
- Be curious
- Divert yourself
- Ground yourself
- Recognize that “you don’t know what you don’t know”
- Be grateful
- Write a letter (and don’t send it)
- Drink water
- Take a break
- Connect with your sense of wellbeing
- Visualize a time when you were calmer
- Recall people that care for you
- Imagine that you are in the future and have worked through your differences.
- Ask how you would consider the issue you’re upset about on your deathbed? At five years from now? At three months?
- Listen to music
- Find humor and laugh
- Engage in an activity or hobby that calms you, such as art, music, gardening, or woodworking
- Sing
- Brainstorm other possible perceptions of a situation with a friend
- Read or recite a favorite poem
- Remind yourself of what you like about the other person and his or her strengths
- Remind yourself of the common goals or vision you share with the other person
- Consider and define what your contribution is to the misunderstanding or challenge
- Remind yourself that people are not perfect and we all make mistakes
- Remember times when the other person has been respectful to you
- If all else fails, eat chocolate!