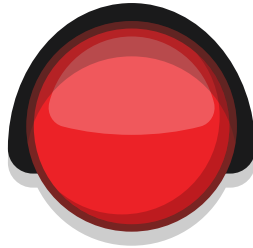


STOP, Think, ACT Method



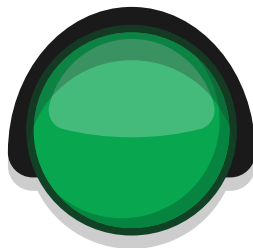
STOP

Stop before we react.
Take some slow, calming breaths.
Observe what we are feeling in our bodies and ask ourselves why? Ask yourself if you need an adults help.
Proceed to the next step.



THINK

Next, state the problem. What's happening right now that is causing stress, upset, or frustration? What feelings—either physical or emotional—are happening as a result of this problem? Think about a solution or an alternative. What's the best way to resolve the issue?



ACT

Try out the best plan. If you're not sure what the best strategy is, the best action is to communicate that to someone else you feel safe with. Sometimes the best emotional control is to say, "I need help right now."