



Name: _____

You are an emotion doctor. You specialize in calming down strong feelings. Today your patient is an adult family member.

Give your adult the routine calming-down checklist. With your adult, practice each of the Ways to Calm Down on the checklist below.

Patient's name: _____ Reason for visit: Routine calming-down checklist

A situation in which you may need to calm down: _____

When you need to calm down, start with the following (practice each step):

☐ Stop—use your signal. What's your signal? _____

☐ Name your feeling. The situation above makes you feel: _____

☐ Calm down:

☐ Breathe. *Go through the following with the patient to practice deep, centered breathing. Repeat as necessary: Sit down and close your eyes or look at the floor. Put your hand on your stomach—that's just above your belly button. Now focus your attention on your breathing as you take a breath deep into the lower part of your lungs. You should feel your stomach moving as you do this. Now breathe out through your mouth slowly and with control. Make sure you can feel your hand moving out and in as you breathe.*

☐ Count. Count backward from ten.

☐ Use positive self-talk. What is something positive you can say to yourself in the situation above that will help you calm down? _____

☐ The patient has successfully completed the calming-down checklist.

This homework assignment was completed on _____

(DATE)

(ADULT SIGNATURE)