



## CLASS 4 | DE-STRESS YOURSELF WORKSHEET

### Put on the BRAKES

**DIRECTIONS:** *“Put on the BRAKES” offers a simple strategy we can all use when dealing with a stressful situation. It offers us alternative ways to engage in the moment as a way of reducing the stress and more effectively controlling our behavior. Practice the BRAKES strategy as a class or on your own so that you are prepared to use it when you next need to “de-stress yourself.”*

**B**reathe | Take some deep breaths to calm down and collect your thoughts.

**R**elax | If your muscles are tense, take a moment to relax your body.

**A**way or **S**tay | Determine whether the best course of action to take is to stay and work on the issue in the moment, or to go away and take some space before coming back.

**K**now **W**hat **T**he **P**roblem **I**s | Think through the problem until you feel that you have a full understanding of what the root(s) is.

**E**xplain **Y**our **O**ptions | Once the problem has been identified, make a mental list of the different courses of action that can be taken to solve it.

**S**tay **C**ool | Stay rational and composed in order to make the best decisions you can.