

What to do While Taking a Break

In 4 Steps

1 Center & Refocus

Backwards count:

Close your eyes and count backwards from 10

Palm Push:

Push your palms together for 5 seconds then release

4 Mississippi breathing:

Count to 4 Mississippi as you breathe in, hold it for 4 counts, then slowly exhale for 4 counts

2 Consider the Issue

What's up?

What are you having trouble with?

3 Craft A Plan

What will you do differently next time?

What strategies will you use?

4 Return & Repair

Do you need to apologize to anybody?

What will you do to apologize?

