Tips for Families to De-escalate Tense Situations

**Admit you’re angry**

*Label it and say it out loud*

*Just saying it can release the energy*

**Get fresh air**

*Open a window or go on your front steps and let the air surround you.*

**Listen to music you enjoy**

*It really does calm the soul*

**Take a deep breath and count to 10 in your head**

*Do this until you feel your heart rate slow down*

**Release the anxiety or anger with activity**

*Stretch or meditate*

*RUN or JUMP IN PLACE*

**Take time for yourself**

*Even if it’s just 5 minutes of quiet time in the shower or bedroom*