
COUNSELOR CORNER

ISSUE # 3

NEXT STEPS FOR CALMING DOWN



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I AM THE SCHOOL COUNSELOR AT BOTH PERUVIAN PARK ELEMENTARY AND SUNRISE ELEMENTARY. PLEASE REACH OUT IF YOU HAVE ANY QUESTIONS, OR YOU NEED SOMEONE TO TALK TO ABOUT HOW YOU ARE FEELING.

FIRST

In Issue #2 we talked about using “stop signals” when our emotions are overwhelming. Stop signals can be saying “Stop”, or putting our hand up. Using a stop signal is a way to stop emotions from escalating.

SECOND

In Issue #2 we also talked about the importance of naming the overwhelming feelings that we’re feeling, which can help the emotion to become less intense.

DEEP BREATHING

When we breathe deeply and use our diaphragms, more oxygen is delivered to our bloodstream, which can help slow and pace our breathing. The heart rate can then slow, which helps us continue to calm down. Our bodies begin to get the message that everything will be okay. We can go through the following steps to practice breathing that is deep, and centered: Sit down, looking towards the floor or closing your eyes. Place your hand just above your belly button. Focus attention on breathing deeply through your nose, and out through your mouth. You should be able to feel your stomach move as you are breathing. Repeat as much as necessary.

POSITIVE SELF-TALK

Negative self-talk can cause our emotions to escalate and cause us to become more aggressive. Some may think that punching pillows and yelling may help us to calm down, but these activities instead usually cause us to become more upset, and prevent us from calming down. Instead, we need to look for positive things to say to ourselves.

If we are worried during a test we can tell ourselves that we might make some mistakes, and that’s okay—we will just try our hardest, and have that be alright. If we’ve had a disagreement with a friend we can tell ourselves that in time we will work it out. If we are frustrated when trying something difficult, we can tell ourselves that many things are difficult when we are first learning how to do them.

BOTTOM LINE—whatever situation that we’re in—we need to try to think of positive things we can say to ourselves to get us through the challenging time.

COUNTING

Counting can be a simple way to engage the language parts of our brains, and help take our attention away from the thing that is causing us stress. For additional distraction, try counting backwards, or by twos or threes.