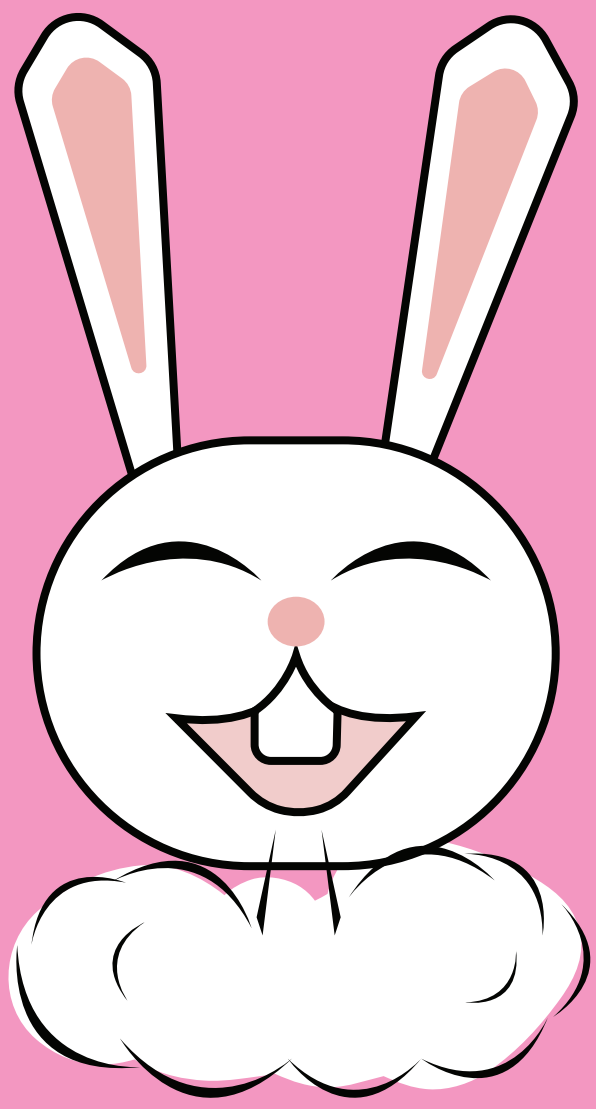
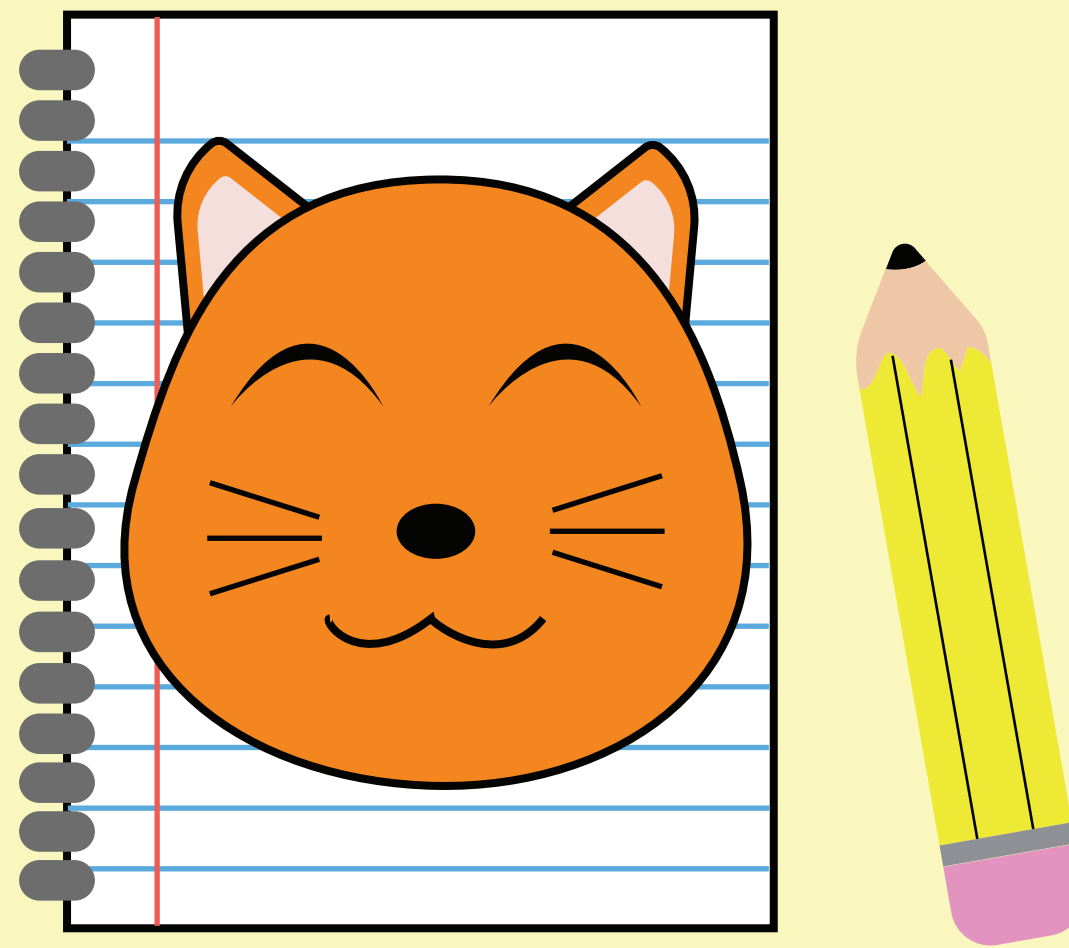


C.R.A.F.T

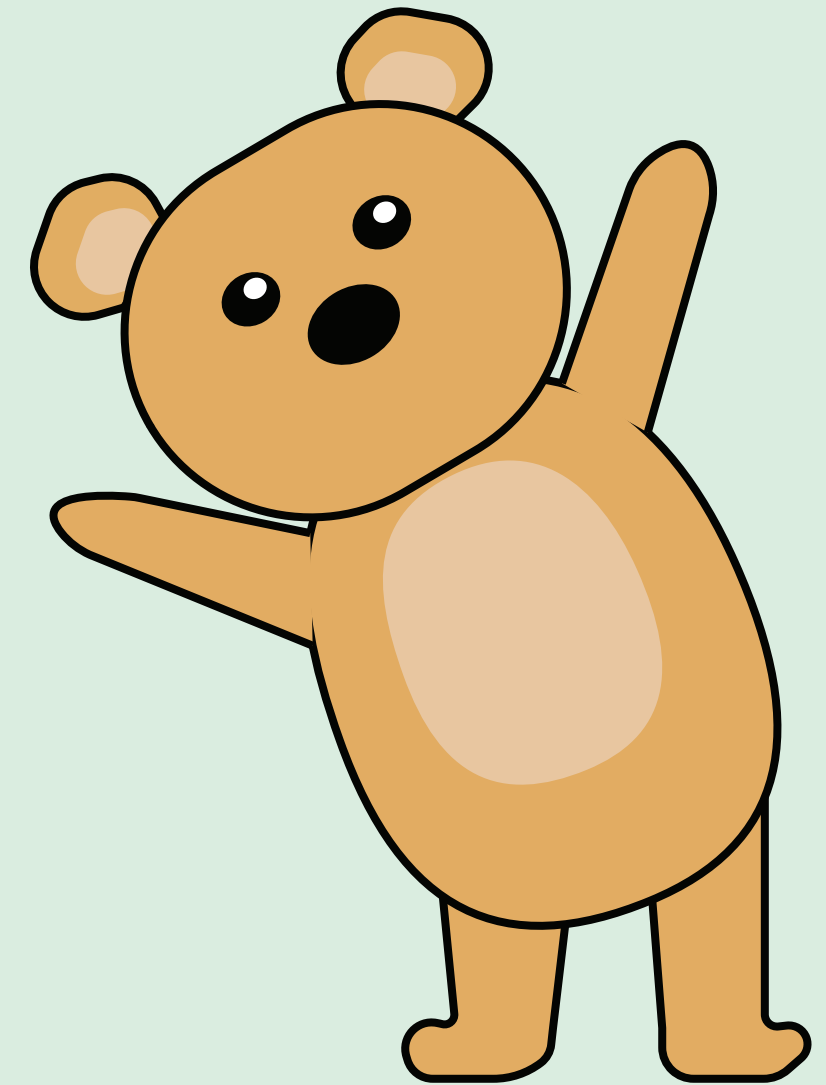
Use these techniques when you feel stressed, frustrated, upset and need a break to calm down.



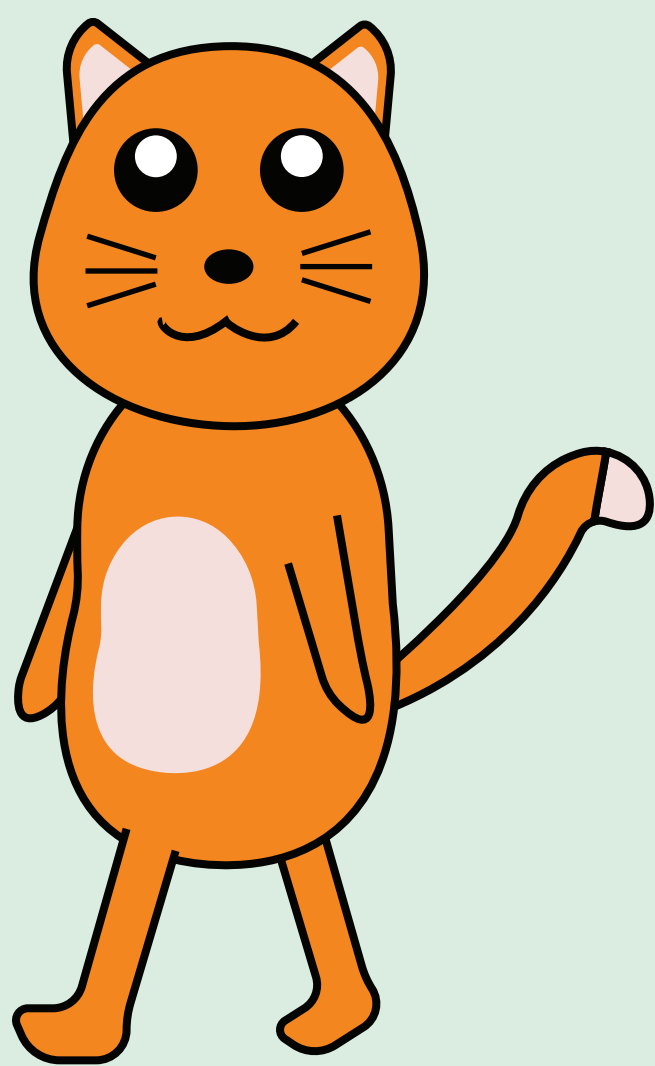
Take deep breaths



Write or draw
your feelings

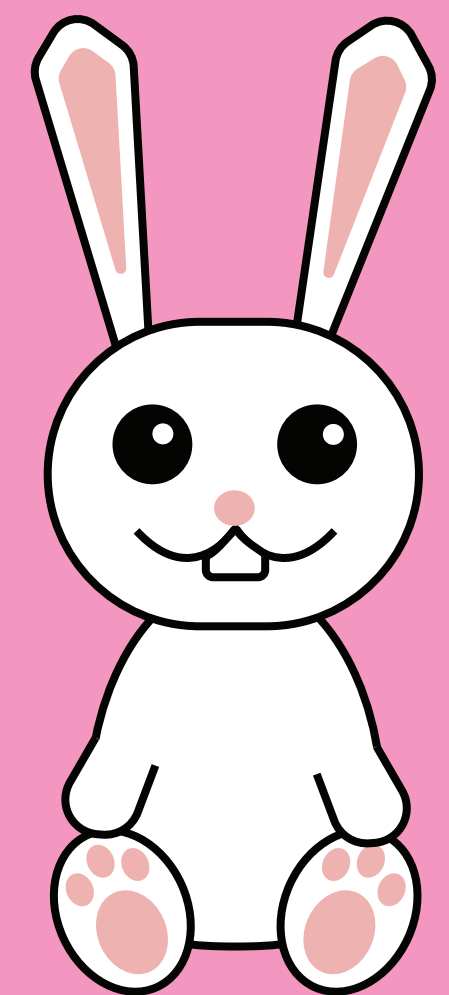


Stretch



Walk around the gym

Catch yourself
Relax
Assess
Focus
Think, decide & act



Take a 5 minute
alone time



Count to one hundred



Have a water or
bathroom break



Listen to music