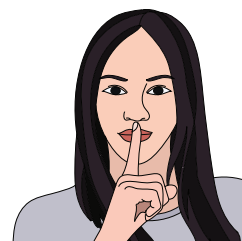




Tolerating Changes

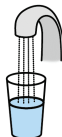
My Cool Down Plan:

1. Find a quiet place to go (office, the break room, bathroom)



2. Count to 20 **1...2...3**

3. Drink a glass of water



4. Count to 20 again **1...2...3**

5. Talk to _____ if you're still upset



6. OR, go back to work

