

# Emotion Management Strategies: Pausing, Calming, and Visualizing

Techniques that help students ride out difficult emotions or gather themselves when they are anxious or confused.



- **Step back and breathe:** Students take a physical step backward and a deep breath before reacting positively or negatively to any situation.
- **Expanding breaths:** Students notice how many seconds of breathing in and breathing out they do. For each new breath, extend the inhale by one second and the exhale by one second. Take five slow, extended breaths.
- **Visualize memories:** Students visualize a memory of a time when they were happy, calm, proud, or another feeling they want to evoke.