

Be Proactive: Stop & Think

Next time you have a problem follow these proactive steps:

Stop and make sure you are calm first



Stay calm by trying one of the four breathing exercises (S.T.A.R., Pretzel, Balloon, Drain)



After you are calm, think “What can I do to solve this problem?” “What is my best choice?” “What is my best choice?” Make a plan.



Follow your plan



Congratulate yourself for being Proactive!



