

Creating Calm!

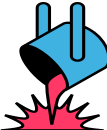


CUT ALONG LINE

RRT – Rapid Relief Therapy™

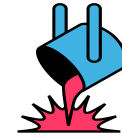
DO60 System™

Step 1  the level from rising (calming)

Step 1  So the level will drop (active)



Read
Count to 10
Take a Time Out
Listen to Music
Breathing
Prayer
Serenity Prayer
Guided Imagery
Meditate
Shower or Bath
Aromatherapy
+ Self Talk



Walk
Talk
Write / Dump
Sing / Dance
Clean
Exercise
Coloring
Punching Bag
Hobbies
Laughter
Gardening
Ho, Ho, Ha, Ha

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Taken from: I Am Not Cancer

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INSTRUCTIONS:

1. Cut along dotted line
2. Fold in middle
3. Option: Leave open & put on fridge

** Make extra copies & post as reminders where needed!