

# Calm DOWN Techniques

Play some  
relaxing  
music

Validate  
your  
feelings

Chew gum

Go on a walk  
preferably in  
nature



Take a  
break to  
reset

Visualize  
yourself in a  
relaxing place

10 Deep  
Breathes

Write/type  
out your  
thoughts

# Calm Down Look Around

**Michael Hoelscher**



**Calm Down Look Around:**

Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, Experience Loveis Journey in **Calm Down Look Around** . This emotionally charged ebook, available for download in a PDF format ( Download in PDF: \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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