

## Triggering and Calming Down Behaviors for Parents

What specific things are prone to agitate you under most circumstances?	What are some strategies for calming down when this happens?
<p>Example: When I first get home from work I can get agitated easily from a lot of commotion.</p>	<p>Calming Strategy: Check in with myself when I'm first getting home to see if I feel agitated and if so, give myself 5-10 minutes alone in my bedroom to calm down ie; do a meditation, read some of my favorite affirmations, lie down and close my eyes, read a book.</p>