

2023 MONDAY Oct 9 Emerson RR Library 11:30-1:30  
From Sharon Sarles, *Organizational Strategies*  
CONFLICT REDUCTION, 2.4, 3.1, 4.1 Social& emotional develop, 7.4 positive communication

## 10 TIPS TO STAY COOL



Feel your feet while talking

Roll your tongue and blow: this actually cools you down

Take a walk around the block or building

Eat an apple, a turkey sandwich, or some real milk product

Instead of coffee, have chamomile tea- or other de-stress tea

Sleep well: no light in your room, no colas before bed, shut off your  
computer at least an hour before bedtime.

Wear and decorate with pink or pastel blue

Have a cup of tea if rattled, a cookie if sad, some protein if can't think

Don't be a carp, using a kind of complaining that perseverates on the  
problem ; Do be a monkey, hugging a friend for social support