Calm Myself **(Secondary)**

Have you ever felt nervous or scared when you were about to do something? Maybe you had to give a speech in class or play a solo in the music concert. When you know you are about to do something stressful, your body prepares for the experience by sending you physiological signals, like sweaty palms, a racing heart, or butterflies in your stomach. It is important that you learn to manage your emotional reactions so that they don't get in the way of what you need to do.

Breathing slowly, going for a walk, and taking a break from what you are doing are all techniques you can use to calm the physiological signals your body is sending you.

I always get nervous before a test. My heart races, and I can't focus. I calm myself by closing my eyes and taking a deep breath before I start. Anytime you feel anxious, stressed, or nervous, you can practice ***calming yourself***. ***Calming yourself*** will increase your self-efficacy. You can practice this now by breathing deeply. As you breathe in, raise your arms above your head to form a rainbow, and count to 4 slowly. As you breathe out, lower your arms slowly, counting to 4. Let's do it together: breathe in, 1, 2, 3, 4; breathe out, 1, 2, 3, 4; breathe in, 1, 2, 3, 4; breathe out, 1, 2, 3, 4; breathe in, 1, 2, 3, 4; breathe out, 1, 2, 3, 4. How are you feeling now? What has changed with your body and your mind? It feels a little silly to make rainbows with your arms, but we can all do this to help us keep trying and not give up.

Using the strategy ***calm myself*** will help you believe you can do hard things and build stronger self-efficacy!