

STOP AND THINK

STOP!

- CALM YOUR BODY.
- COUNT TO 10.
- TAKE SLOW AND DEEP BREATHS.
- TAKE A BREAK IF YOU NEED ONE.

THE KING.

- WHAT IS THE PROBLEM?
- WHAT ARE THE OPTIONS?
- HOW COULD I HANDLE THIS DIFFERENTLY?

Acti

- DO WHAT IS BEST FOR YOU AND OTHERS.
- BE SAFE AND RESPONSIBLE.

