

Some Alternatives to Loosing Your Patience

- _ Stop in your tracks. Step back. Sit down
- _ Take five deep breaths. Inhale; Exhale. Slowly. Slowly.
- _ Count to 10. Better yet, 20. Or say the alphabet out loud.
- _ Phone a friend. A relative. Even the weather.
- _ Still angry? Punch a pillow or munch an apple.
- _ Thumb through a magazine, book, newspaper, photo album.
- _ Do some sit-ups
- _ Pick up a pencil and write down your thoughts.
- _ Take a hot bath or a cold shower.
- _ Lie down on the floor, or just put your feet up.
- _ Put on your favorite record.
- _ Water your plants.

**TAKE TIME OUT.
DON'T TAKE IT OUT ON YOUR KID!**