



# Calming Solutions Form

It is helpful for us to be aware of the things that can help you feel better when you are having a hard time. Have any of the following ever worked for you? We may not be able to offer all of these alternatives but we can work together to figure out how best we can help you while we are working together.

<b>voluntary time alone in your room</b>	<b>taking a hot shower</b>	
<b>voluntary quiet time in common space</b>	<b>reading something inspirational</b>	
<b>lying down with a cold facecloth</b>	<b>listening to music</b>	
<b>talking with a peer</b>	<b>reading a newspaper/book</b>	
<b>talking with staff</b>	<b>watching TV</b>	
<b>Drawing</b>	<b>pacing</b>	
<b>writing a letter</b>	<b>calling a friend</b>	
<b>punching a pillow</b>	<b>talking with spiritual counselor</b>	
<b>writing in a diary or journal</b>	<b>grounding</b>	
<b>deep breathing exercises</b>	<b>Exercise</b>	
<b>yard time alone</b>	<b>calling a family member</b>	
<b>yard time with a peer</b>	<b>putting hands under cold water</b>	
<b>other? please add</b>		

## 2. Are there particular “triggers” that you know tend to upset you?

<b>being touched</b>	<b>being isolated</b>	
<b>bedroom door open</b>	<b>people in uniform</b>	
<b>particular time of day (when?)</b>	<b>time of year (when?)</b>	
<b>loud noise</b>	<b>yelling</b>	
<b>not having control/input (explain)</b>	<b>others (please list)</b>	
<b>Being judged or shamed</b>		

## 3. What are the warning signs that indicate that you are becoming upset?

<b>Isolating</b>	<b>Loud voice</b>	
<b>Too quiet</b>	<b>Sleeping too much or too little</b>	
<b>Hyper</b>	<b>Laughing loud or giddy</b>	
<b>Rocking</b>	<b>Bouncing legs</b>	
<b>Wringing Hands</b>	<b>others (please list)</b>	
<b>Talking Back or Swearing</b>		
<b>Crying</b>		