

Don't Freak Out - Chill Out!

Freaking out is just a part of life, and it won't last forever – the trick is to learn to deal when it happens. And there are lots of things you can do to calm down, get focused and be ready to go!

#1: Just BREATHE If you're freaking out 'cause you can't figure something out and you're about to go nuts – you need to breathe. Not like you normally breathe. You need to focus on it, like this:



1. Sit up straight in your chair with your feet planted on the floor.
2. Close your eyes.
3. Take a deep breath in and count to three.
4. Let it out.
5. Repeat five times.
6. Open your eyes. Smile. Move on with life!



#2: See the big picture If there's a question you just CAN'T get and you're freaking out, it's time to get a grip. Think about WHY you're freaking out. So you don't understand something – what's the big deal? Learning is NOT understanding something and working hard until you DO. That might take a minute, an hour, a day, a week, or a month. And that's okay. Just relax . . . **eventually you'll get it.** Really! Try to be patient and remember that not understanding is a key part of learning.



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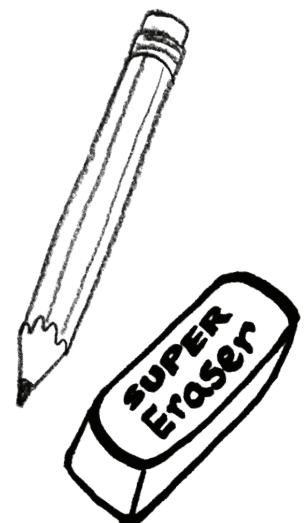
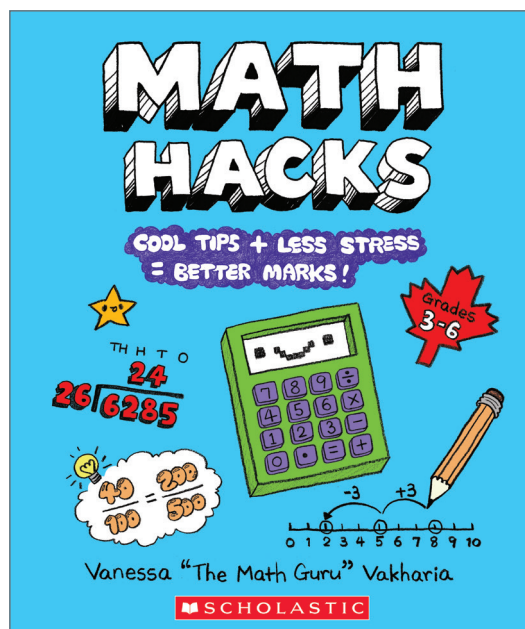
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#3: Talk it out Don't keep all the stress, worry and frustration bottled up inside. It will make you feel like exploding, and that's a yucky feeling. If you're freaking out, or sad, or scared, or stressed, or just super down for no reason at all – **talk to someone!** Call a friend. Tell your dad or your grandma, a teacher, or even your dog! It can feel kind of scary to say this stuff out loud, but just say the words "hey, I'm freaking out right now" and it will feel like a huge weight is off your shoulders.



For loads of great hacks to relax, max your class time and more, check out the book!



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