

# DAY 20

“You can’t force raging water to be calm. You have to leave it alone and let it return to its natural flow. Emotions are the same way.” -Thibaut

Today, begin to practice self-soothing skills on a regular basis to find which ones work best to slow your heartrate. Be creative. Share your ideas with your partner so they can try too.

Describe any of the self-soothing skills you attempted below: