

## Stop Drinking Tip Sheet

- Once you feel that somebody has infuriated you, take deep breathes and stay calm.
- Remove yourself from the state of affairs temporarily till you've complete mastery over your thoughts.
- Don't say anything. Abstain from saying a word or from doing anything as it will be irrational and counterproductive to solving the issue at hand; it will only worsen if you respond rashly.
- Recognize that not everything is under your command and that if something routine isn't going smoothly, that it isn't the end of the world. For instance, if you're waiting in line and the line is proceeding slowly, instead of getting distressed, you are able to choose to utilize this time in whatever way you wish. Why not spark up a conversation with another buyer in line? You may very well meet somebody very intriguing!
- If the waiter gets your order wrong, give them a break, they're only human. If your youngster does something incorrectly, understand that you were there at one point.
- Exercise. Exercising releases endorphins, a chemical that acts as a natural analgesic and makes us feel happier.
- Go on a walk to clear your mind.
- Talk to an acquaintance to get a 2nd perspective on the state of affairs.