



# Manage your Rex to become a **Zen Rex** with these strategies:

- Calming Breaths
- Walk away
- Count to 10
- Talk to someone
- Doodle
- Write it down
- Bicycle legs
- Squeeze some dough
- Wall Press
- Paper Ripping
- 5,4,3,2,1 Method
- Have something to eat
- Quiet Spot
- Have a drink
- Trampoline
- Ask for a hug