











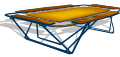
















## CPRI Brake Shop Clinic– Self-Management

# How Do I Empty My Beaker “When I Become Aware Of My Early Warning Signs”?

“Tic” the ones that sound like you. Put a star beside your **top 6** strategies.

-  **Chewing gum** (keep some in pocket for emergencies)
-  **Looking at a picture book**
-  **Being left alone to let your beaker empty – no one talking to you**
-  **Massages or a backrub** (relaxes those tight ticcing muscles)
-  **a Chiropractor** (to correct any problems caused by tics)
-  **a Day Timer** (to keep organized and to have less surprises)
-  **an Invisible Clock or electronic reminder** (to remind you of upcoming changes or things to do)
-  **a Relaxation CD or APPS** ([www.addwarehouse.com](http://www.addwarehouse.com))
-  **Music** (playing it, listening to it, singing)
-  **Doing something physical** (e.g. going for a walk, running, lifting weights)
-  **Warm bath or shower**
-  **Swimming**

-  **Trampoline**
-  **Sports activity** (give your example) \_\_\_\_\_
-  **Problem solving using Basket “B” instead of arguing,**
-  **Playing with Play-Doh or modelling clay**
-  **Colouring, drawing, sketching, painting, crafts**
-  **Reading: comics, magazines, books**
-  **Ride a bicycle, rollerblading, skating, skateboarding**
-  **Play with quiet toys, activities: LEGO, K’NEX, Word Search**
-  **Writing: story, poem, journal**
-  **Nature walk**
-  **Talking with** \_\_\_\_\_
-  **Watching a movie**
-  **Gaming**
-  **Time with my animal companion(s)** \_\_\_\_\_
-  **Computers**
-  **Add your own ideas:**

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