
Complete Herbal Book Dog Handbook

alternative coping mechanisms to help avoid or reduce self ... - make a scrapbook color in a picture or coloring book. make a phone list of people you can call for support. allow yourself to use it. pay attention to your breathing (breath slowly, in through your nose and out through your mouth) pay attention to the rhythmic motions of your body (walking, stretching, etc.) learn halt signals (hungry, angry, lonely, tired)

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