

RAPID - PAUSE BEFORE YOU REACT

A simple way to slow down and make better choices when big feelings show up.
Use this when you feel angry, upset, worried, or overwhelmed.

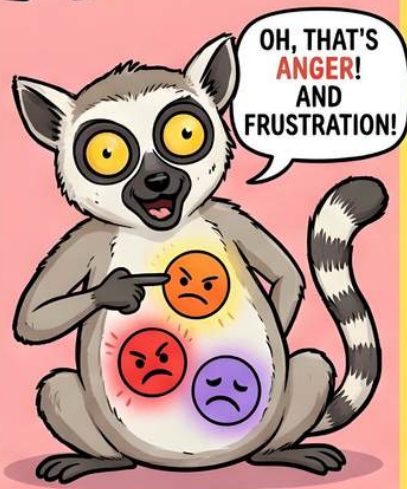
www.SocialWorkersToolbox.com

R Relax your body



Take a slow breath in and out. Let your shoulders drop and relax your body.

A Acknowledge the feeling



Notice how you feel. You might feel angry, sad, worried, or frustrated. All feelings are okay.

P Pause before reacting



Stop for a moment. Give yourself time to think before you act or speak.

I Investigate what happened



Ask yourself:
- What just happened?
- Why do I feel this way?
- What would help right now?

D Decide what to do



Choose the best thing to do next. Try to make a choice that is kind, safe, and helpful.

SEE OUR WEBSITE FOR MORE **FREE** RESOURCES

WWW.SOCIALWORKERSTOOLBOX.COM

www.SocialWorkersToolbox.com

Free social work
resources for
direct work



FOLLOW US ON **FACEBOOK** TO STAY FULLY
UP TO DATE WITH NEW DOWNLOADS:

Free
social work
resources for
direct work



**Social Work Tools and Resources
- Free; Socialworkerstoolbox.com**

©EDITA STIBOROVA (2026) This printable PDF document may be used free of charge by individuals and not-for-profit organisations for work with families and for training purposes, provided that no changes are made to its content.

You are not permitted to upload this resource to your own website or to social media. You may include a link from your website, social media page, or group to ours.

You may share our resources from our Facebook page using the share button.