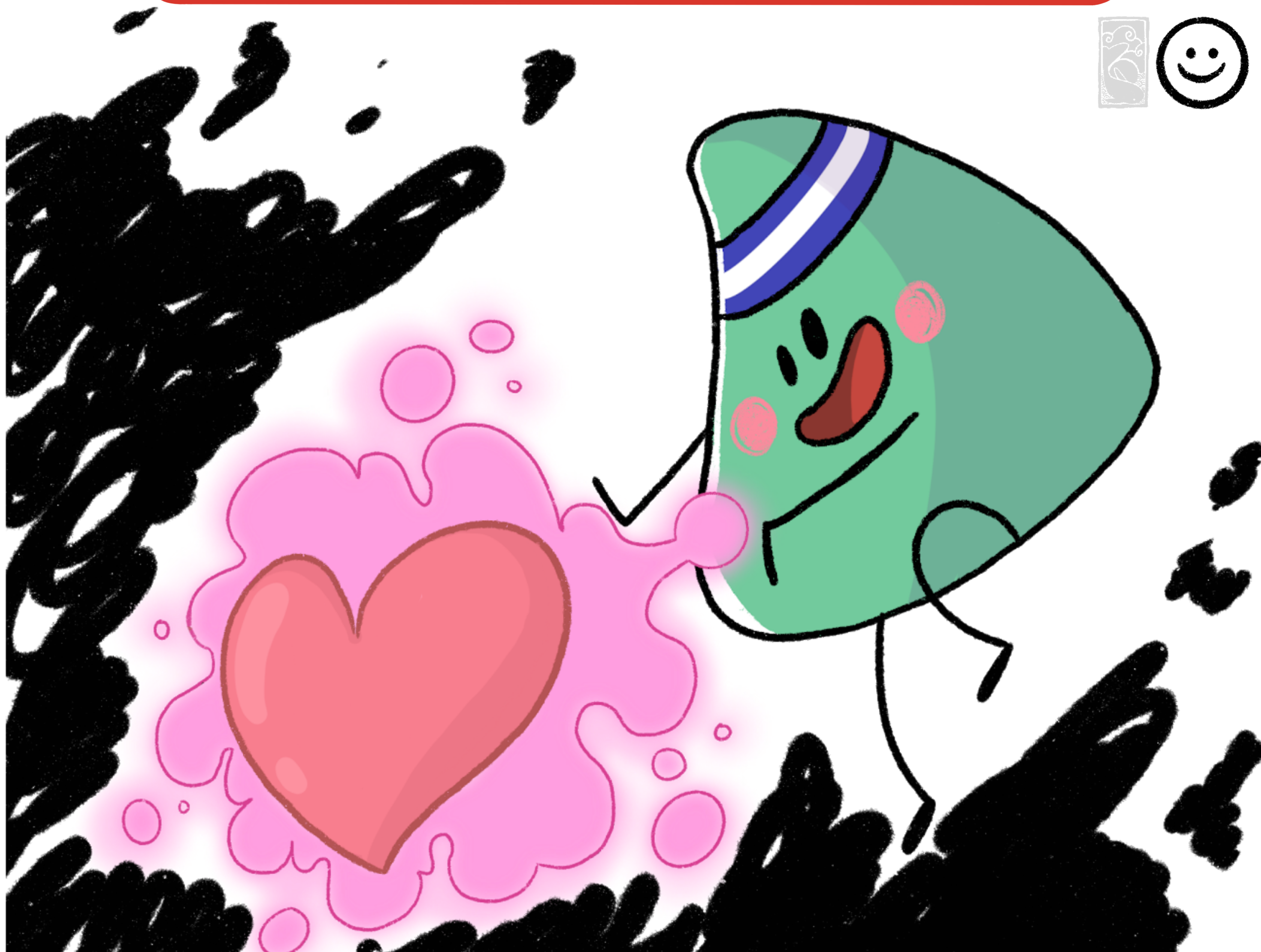


TOYBOX



Handling Conflict Positively

Just Breathe

Goal: When conflicts or arguments come up, take a moment to breathe and have quiet time away from the problem before talking about it.

Why is this important? Taking time to calm down before talking encourages healthy communication.

References: Cole, P. M., Bruschi, C. J., & Tamang, B. L. (2002). Cultural differences in children's emotional reactions to difficult situations. *Child Development*, 73(3), 983–996.

Keng, S. L., Smoski, M. J., & Robins, C. J. (2011). Effects of mindfulness on psychological health: a review of empirical studies. *Clinical psychology review*, 31(6), 1041–1056.

Wubben, M. J. J., De Cremer, D., & van Dijk, E. (2009). How emotion communication guides reciprocity: Establishing cooperation through disappointment and anger. *Journal of Experimental Social Psychology*, 45(4), 987–990.

Questions? toybox@uwinnipeg.ca |    @toyboxmanitoba | Visit our Website: www.toyboxmanitoba.ca