

## A Walk Upstream

“Much to her surprise, she saw a small child floating in the water. The child was splashing and thrashing about, trying to keep her head above the water – the child was drowning!”

### Alternatives to Hurting a Child

- Stop in your tracks. Step back. Sit down.
- Take five deep breaths. Inhale. Exhale. Slowly, slowly.
- Count to 10 – better yet, 20. Or, say the alphabet out loud.
- Phone a friend or relative, or go visit someone.
- Still mad? Hug a pillow, or have a favorite snack.
- Thumb through a magazine, book or newspaper.
- Do some sit-ups.
- Pick up a pencil, and write down your thoughts.
- Take a hot bath or a cold shower.
- Lie down on the floor, or just put your feet up.
- Put on your favorite record or radio program.

