**Disruptive Mood Dysregulation Disorder (DMDD**).

| **I can help myself by…** | **I can help others by..** | **Professionals to contact** |
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| Being aware of triggers  Noticing the physical reaction to the triggers (eg: clinging of fist, teeth, restlessness, fidgety..etc) | Using a calm and low tone | Psychologist |
| Pausing and thinking of ways to divert your attention | Helping them to identify their triggers | Psychiatrist |
| Counting backward numbers | Noticing and reinforcing positive behaviour |
| practicing the Dragon breathing | Validating their feelings |
| Using your 5 senses to identify objects around you. | Setting boundaries |