



Express yourself

Give yourself space



Accept your emotions

Engage in a Mood Booster



Change Perspectives



Try meditation



MANAGING STRONG Emotions

How do you act?

- Arguing
- Refusing
- Tantrum
- Shutting down
- Yelling
- Stomping

What can you do about it?

- Count to 10 or 100
- Stop and walk away
- Talk to a trusted adult
- Take deep breaths
- Move your body or exercise
- Practice grounding techniques

Angry
Agitated
Devastated
Frightened
Furious
Jealous
Stressed Out



How do you act?

- Avoiding
- Pacing
- Clingy
- Hyper
- Shutting down
- Overstimulated

What can you do about it?

- Take deep breaths
- Use positive self-talk
- Tense and relax your muscles
- Relax and try again
- Take a break
- Pause, and ask for help

Confused
Embarrassed
Excited
Irritated
Nervous
Silly
Worried



How do you act?

- Smiling
- Relaxed
- Laughing
- Engaged
- Paying attention
- Enjoying yourself

What can you do about it?

- Practice gratitude
- Help someone else
- Use kind & positive words
- Take steps towards your goals
- Keep listening
- Write about your successes

Confident
Fine
Focused
Happy
Hopeful
Peaceful
Proud



How do you act?

- Withdrawn
- Disengaged
- Slowed down
- Under stimulated
- Depressed
- Crying

What can you do about it?

- Get or give a hug
- Stretch
- Talk to family and friends
- Get some fresh air
- Listen to music
- Do a hobby you enjoy

Tired
Bored
Lonely
Sad
Shy
Sick

