

Coping with Emotions

Helpful Hints

Take deep breaths.



Think happy thoughts.



Listen to music.



Talk to a friend.



Play with a pet.



Go for a walk.



Count back from 20.



Cuddle a soft toy.



Tell a trusted adult.



Think, "I am in control".



Stretch and relax.



Draw a picture.



Shout out loud.



Have a cry.



Write your feelings down.



Do some exercise.



Remember, these feelings are normal.