

For When You're Feeling Angry / Upset

When angry count to ten before you speak.

If very angry, count to one hundred.

Thomas Jefferson

- Take 10 slow deep breaths.

- What are you upset about?

- Why does this upset you?

- How will this effect you in:

1 Day?

1 Week?

1 Month?

1 Year?

- Take 10 more slow deep breaths.

- Say the following out loud:

I feel (*angry/upset*) and that's okay. I can work through this in a healthy way.

- If you feel up to it, talk to someone about how you feel and/or brainstorm possible solutions.

- If you still need a little more time to calm down, complete the Calm Down worksheet.

Anger is an acid that can do more harm
to the vessel in which it is stored
than to anything on which it is poured.

Mark Twain

For When You're Feeling Stressed / Anxious

If you feel like you're losing everything
remember that trees lose their leaves every year
and they still stand tall and wait for better days to come.

Arti Baxla

- Take 10 slow deep breaths.
- Take at least 15 minutes to complete one or more of the following activities:

Walk or jog	Tennis	Dance
Jump rope	Golf	Bike Ride
Jumping jacks	Football	Garden
Push-ups	Soccer	Yoga
Sit-ups	Ultimate Frisbee	Pilates
Lift weights	Baseball	Swim

- Listen to music for 10 minutes while stretching.
- Reflect on possible reasons for your stress/anxiety. Write them down below.

- Take 10 more slow deep breaths.
- Say the following out loud:
I feel (*stressed/anxious*) and that's okay. I can work through this in a healthy way.
- Take time to talk to someone and/or do an activity you enjoy doing.
- If you still need a little more time to calm down, complete the Calm Down worksheet.

Nothing in the affairs of men is worthy of great anxiety.

Plato

For When You're Feeling Sad / Hopeless

Don't be ashamed to weep; 'tis right to grieve.
Tears are only water, and flowers, trees, and fruit cannot grow without water.
But there must be sunlight also.
A wounded heart will heal in time, and when it does,
the memory and love of our lost ones is sealed inside to comfort us.
Brian Jacques

- Take 10 slow deep breaths.
- Remember that crying is healthy -- feel free to do so if you need to.
- Take time to take care of yourself. Consider doing one or more of the following activities:

Take a bath or shower	Organize & declutter	Have a snack
Brush your teeth & hair	Do something you love	Drink water
Put on a face mask	Talk to someone	Put on lotion
Paint your nails	Read a book	Take a nap
- Take 10 more slow deep breaths.
- Say the following out loud:
I feel (*sad/hopeless*) and that's okay. I can work through this in a healthy way.
- Write about your feelings in the space below (or in your journal if you have one).

- Take time to talk to someone and/or do an activity you enjoy doing.
- If you still need a little more time to calm down, complete the Calm Down worksheet.

There are moments when I wish I could roll back the clock and take all the sadness away,
but I have the feeling that if I did, the joy would be gone as well.
Nicholas Sparks

For When Your Needs Aren't Being Met

Having a need and needing help is not a sign that you're weak,
it's a sign that you're human.

Kate Northrup

- Take 10 slow deep breaths.
- Think about what needs you have that aren't being met and write them down below.

- Brainstorm ways you or others could help you get this need met. Write them down below.

- Take 10 more slow deep breaths.
- Say the following out loud:
I feel (*sad/stressed/angry*) and that's okay. I can work through this in a healthy way.
- Take time to take care of yourself. Consider doing one or more of the following activities:

Take a bath or shower	Organize & declutter	Have a snack
Brush your teeth & hair	Do something you love	Drink water
Put on a face mask	Talk to someone	Put on lotion
Paint your nails	Read a book	Take a nap
- Don't be afraid to ask for help or support. Talk to a trusted person about your needs. Communicate how you are feeling, what you want/need, and ways that they can help you. Remember to have an open mind and be accepting of their response, whether they can help or not.
- If you feel like you need time to calm down, complete the Calm Down worksheet.

Getting in touch with unmet needs is important to the healing process...
Focusing on the unmet need (not the judgment) is more likely to get the need met.

Marshall B. Rosenberg

For When You're Feeling Jealous / Inadquate

Envy is the art of counting
other fellow's blessings
instead of your own.

Harold Coffin

- Take 10 slow deep breaths.

- What do you feel jealous of or inadequate in?

- Why do you desire that trait/quality/item?

- It is normal to desire qualities or objects that you lack. Although you may feel like you are not good enough right now, remember you are of infinite worth and are a unique person with your own strengths and skills.

- Say the following out loud:

I feel (*jealous/inadequate*) and that's okay. I can work through this in a healthy way.

- What are at least 3 qualities that you admire about yourself?

- What steps can you take to work towards attaining what you lack?

- If you still need a little more time to calm down, complete the Calm Down worksheet.

Perfectionism doesn't make you feel perfect.
It makes you feel inadequate.

Maria Shriver

For When You're Feeling Frustrated / Overwhelmed

You have dealt with so much
and done the best that you can.
Take a moment now to appreciate
how strong you are.
Karen Salmansohn

- Take 10 slow deep breaths.

- What is overwhelming you right now?

- Say the following out loud:
I feel (*frustrated/overwhelmed*) and that's okay. I can work through this in a healthy way.

- Take a moment to break down what you need to do into small steps.
What is one thing you can do in a minute or less to help you complete your task(s)?

- Do your one minute task and then take a break. Brainstorm what to do for your next one minute task while resting.
- Repeat as necessary.
- If you still need a little more time to calm down, complete the Calm Down worksheet.

I will breath.
I will think of solutions.
I will not let my worry control me.
I will not let my stress level break me.
I will simply breath and it will be okay
because I don't quit.
Shayne McClendon

For When You Need to Calm Down

Slow down. Calm down.

Don't worry. Don't hurry.

Trust the process.

Alexandra Stoddard

- Take 10 slow deep breaths.
- Say the following out loud:
I feel (*sad/stressed/angry*) and that's okay. I can work through this in a healthy way.
- Count to 100. If that is too easy, consider doing one of the following instead:

Count by 2s	Count backwards by 5's	Recite the alphabet backwards
Count by 7s	Count backwards by 9's	Draw 100 simple sheep

- Write down how you're feeling in the space below (or in your journal if you have one).

- Listen to music while stretching, doing yoga, or relaxing.
- Take 10 more slow deep breaths.
- Notice the things around you. List 5 things you can see, 4 you can feel, 3 you can hear, 2 you can smell and 1 you can taste.
- Close your eyes and imagine yourself in a calming location (a beach, mountain, meadow, ect). Notice how your body feels and try to relax.
- Talk to someone about how you feel and/or do something you enjoy doing.
- Repeat as necessary.

Raise your words, not your voice.

It is rain that grows flowers, not thunder.

Rumi