

TIP SHEET



Managing Emotions and Feelings

MOOD BOOSTERS

- watch a funny video or movie
- do something fun
- go out with friends

TAKE CARE OF YOUR BASIC NEEDS

- walk
- eat
- rest
- shower

PROCESS THESE FEELINGS

- allow yourself to cry
- draw how you feel
- vent to someone you trust

PROBLEM SOLVE

- brainstorm solutions to some of the triggers that may be upsetting you
- what are your resources that can help you

VOLUNTEER/ACTS OF KINDNESS

- help someone
- do something nice for someone

RELAXATION EXERCISES

- practice belly breathing
- try progressive muscle relaxation
- find a guided meditation on YouTube

ASK FOR HELP

- ask someone to be with you
- text a friend
- seek professional help if you have a difficult time managing your emotions in healthy ways