



Simple Skills for Big Emotions



Emotions come & go
Emotions bring important messages
You are not the emotion you feel



Get Grounded with Your Five Senses

What can you see?
What can you hear?
What can you feel?
What can you smell?
What can you taste?



Draw, Colour, or Paint



Externalize it!

Get outside



List a gratitude

Use a Mantra

Set an intention for your day

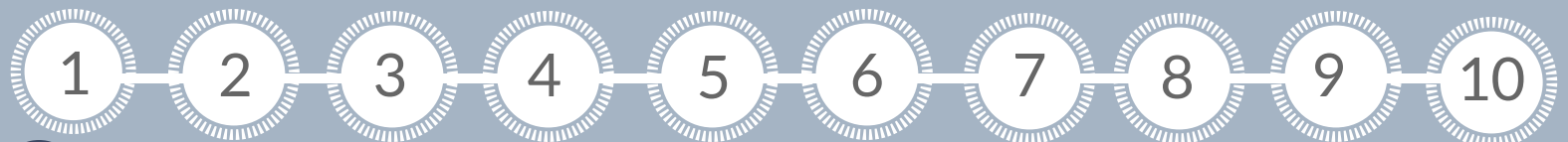
Talk with a kind helper

Breathing in calm
Breathing out stress



Check-in using the Bothering Scale

How much are you bothered by this?



1 Calm

3 Tense

5 Uncomfortable

8 Extremely bothered