



ASK FOR HELP



BUILD SOMETHING



JOURNAL/WRITE



READ A BOOK



PUSH AGAINST THE WALL, THEN RELAX



TAKE SOME DEEP BREATHS



DRAW OR COLOR



COUNT BACKWARDS SLOWLY



DRINK SOME WATER



GROUND MYSELF



HUG A STUFFED ANIMAL



PICTURE SOMEWHERE PEACEFUL



EXERCISE



TRY 5 FINGER BREATHING



REMINDE MYSELF I CAN DO IT



STRETCH



SQUEEZE A STRESS BALL

What can I do if I feel mad, frustrated, sad, or worried?

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