

BREATHING FOR EMOTIONAL REGULATION

To calm yourself when stressed

Find a comfortable space free of distractions and focus on breathing techniques to calm yourself when feeling stressed or anxious.

Notice how you are feeling, both in mind and body.

Follow this pattern for 3-5 minutes:

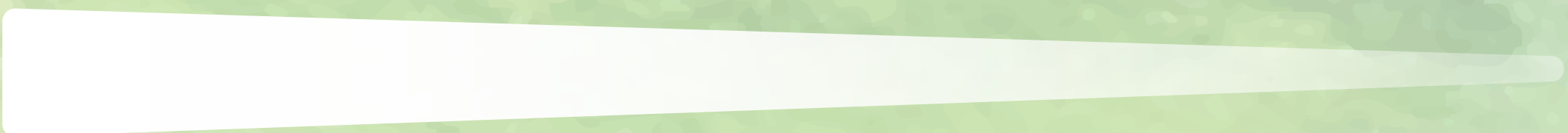
INHALE: 1-2-3



HOLD: 4-3-2-1

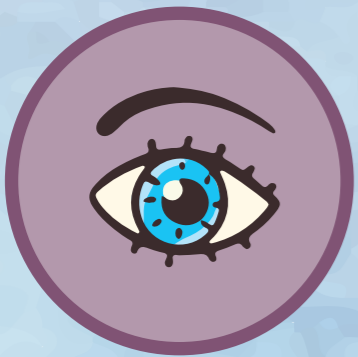


EXHALE: 1-2-3-4-5-6



FIVE SENSES GROUNDING

Calm yourself and focus on the present moment by using your five senses



Look around you; is there something you have not noticed before?



What around you are you able to feel in your hands?



When you are very quiet, what do you hear?



What can you smell in the space around you?



Eat one of your favorite snacks, what about it's taste do you like?

FEELINGS LIST

Helps you to better understand and cope with your emotions.

Happiness

Anger

Fearfulness

Sadness

Accepting

Annoyed

Afraid

Anguished

Calming

Agitated

Anxious

Depressed

Centered

Bitter

Ashamed

Desperate

Fulfilled

Contemptuous

Fragile

Despondent

Patient

Cynical

Frightened

Empty

Present

Disdainful

Helpless

Forlorn

Trusting

Exasperated

Hesitant

Grieving

Delighted

Frustrated

Panicked

Heartbroken

Eager

Furious

Paralyzed

Lonely

Engaged

Hostile

Sensitive

Melancholy

Free

Impatient

Terrified

Removed

Inspired

Irritated

Vulnerable

Sorrowful

Passionate

Moody

Weak

Teary

Refreshed

Resentful

Worried

Unhappy

Satisfied

Vindictive

Worthless

Upset