





Dealing with Unhappy Feelings

1. Check your feelings.

- "I feel _____."
- "I need to get calm" or "I'm okay."

2. Get calm.

- Take three deep breaths. Between each breath, say two or three short words that remind you to get calm.

3. Check your feelings again.

- If you are still not calm, start with Step 1 again in a private place.

4. Tell yourself something encouraging.

5. Do something that will help you deal with unhappy feelings.