



WHEN YOU'RE FEELING: ANXIOUS | OVERWHELMED | DEPRESSED

THREE THINGS TO DO:

1. Name

- Recognize and name the source(s) of where the pressure or stress is coming from.
- You can only manage what you can identify in life. When you name the issue, you can start taking control of it.

2. Cope

- Coping just means managing the pain or emotions as they come up.
- Look at the list of coping skills below and on the back, circle a couple that will work for you, and then try using those to help you manage any strong emotions as they come up.

3. Tell

- Share with your parents, a JHM leader, or trusted friend what you are feeling and thinking.
- Don't try and go through your pain alone! Bring someone else in to help you navigate what you are experiencing.

COPING ACTIVITIES

To Calm Yourself Down:

- Breathe in and count to four, breathe out and count to four.
- Talk a walk and focus on sights and sounds
- Imagine your favorite place in the world
- Say encouraging or calming truths out loud
- Say the alphabet slowly
- Count down from 20
- Run water over your hands
- Make a fist and release it - repeat
- Take a shower or bath
- Drink some water

To Distract Yourself:

- Write a story
- Do a puzzle
- Bake or cook something
- Do something nice for someone else
- Read something
- Clean or organize something
- Rearrange or decorate your room
- Play with a pet
- Play a board game, card game, or video game
- Watch your favorite show or movie
- Hang out with a friend
- Start a new hobby or build something
- Do one of your favorite things
- Do something that makes you laugh

Physical Things To Do To Relieve Stress:

- Squeeze something
- Rip paper into tiny pieces
- Pinch bubble wrap
- Shuffle cards
- Make something
- Hold something to fidget with
- Exercise
- Punch a safe surface (pillow, punching bag, bed, etc.)
- Jump on a trampoline
- Skateboard
- Go swimming

Tools To Help You Process Emotions:

- Describe your feelings as a color
- Draw a picture of how you feel
- Write down any thoughts or feelings in a journal
- Talk to someone about how you're feeling
- What can you control vs. what can't you control?
- Ask yourself some questions - why are you feeling the way you are?