

# HOW I CAN HANDLE EMOTIONS



**THINK**  
.....  
THINK KIND THOUGHTS  
ABOUT YOURSELF

**SAY**  
.....  
SAY SOMETHING  
POSITIVE TO  
YOURSELF

**WRITE**  
.....  
WRITE ABOUT  
YOUR FEELINGS AND  
WHAT MADE YOU FEEL  
THAT WAY

**BREATHE**  
.....  
TAKE THREE DEEP  
BELLY BREATHS

 **ADD YOUR OWN!**

**MOVE**  
.....  
TAKE A WALK OR DO  
SOME STRETCHES