

How do I feel?

4

Mad, frustrated, out of control, aggressive, raging

3

Confused, embarrassed, annoyed, anxious, worried

2

Confident, happy, proud, peaceful, hopeful, content

1

Bored, lonely, sad, disappointed, tired, sick

How Do I Act?

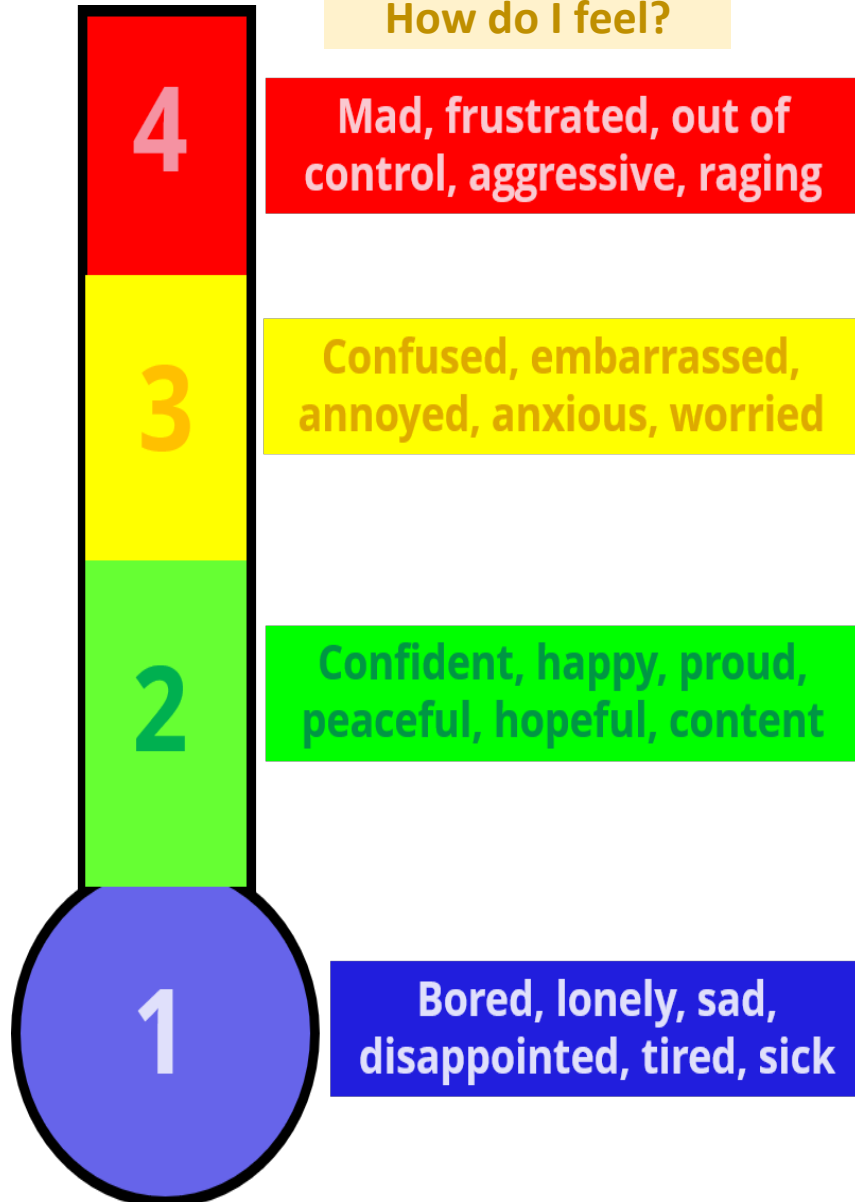
What Can I Do About It?

How Do I Act?	What Can I Do About It?

Session 2: Self-Regulation Activity-Example



How do I feel?



How Do I Act?	What Can I Do About It?
Shouting, arguing, stomping, shutting down, withdrawing	Exercise, count to 10, read a book, listen to music, take a nap
Anxious, pacing, withdrawing, clingy, breathing fast, sweating, tired, not focused, negative self-talk	Ask for help, take a break, positive self-talk, think about your happy place
Smiling, engaged, paying attention, laughing	Smile, practice appreciation, work on your goals, help someone else, listen, write or journal about what you are good at or what you have been successful doing
Crying, not engaged, sleeping, withdrawn, frowning, no energy	Talk to your family or friends, do something you enjoy, positive self-talk, stretch or exercise, take a walk

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