

date:

# my coping strategies

## what calms me?

we feel different emotions everyday and it is beneficial for us to have all those feelings but we must also find ways to cope with them.

i have put the five basic emotions felt, but if you feel different emotions more frequently, please download and edit them so it is most fitting to you.



**anger**

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**internally**

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**physically**

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**externally**

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-----

**enjoyment**

-----

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**internally**

-----

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**physically**

-----

-----

**externally**

-----

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**fear**

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-----

**internally**

-----

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**physically**

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**externally**

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**sadness**

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**internally**

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**physically**

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**externally**

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**disgust**

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**internally**

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**physically**

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**externally**

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# my coping strategies

what calms me - my example



write a small description  
of what you most  
commonly feel or do  
when you experience  
this feeling

what can you do within  
you that helps calm your  
brain and body

what is something you  
can do that will help you  
calm down

what is something you  
can go and do to help  
you regulate

## anger

i feel really warm and i begin  
to take quick shallow breathes

*internally*

take slow, controlled breaths  
and tell myself i'll be okay

*physically*

open and close my hands tight  
and squeeze my eyes

*externally*

go to the gym to do weight or  
go to the beach and swim

# my emotions and feelings

a few examples of feelings you may experience

<i>excited</i>	<i>enjoyment</i>	<i>anger</i>
<i>sadness</i>	<i>anxious</i>	<i>love</i>
<i>irritated</i>	<i>sick</i>	<i>goofy/silly</i>
<i>pride</i>	<i>annoyed</i>	<i>bored</i>
<i>nervous</i>	<i>satisfied</i>	<i>frustrated</i>
<i>unhappy</i>	<i>confused</i>	<i>peaceful</i>
<i>infruriated</i>	<i>disappointed</i>	<i>suprised</i>
<i>calm</i>	<i>vengeful</i>	<i>miserable</i>
<i>overwhelmed</i>	<i>safe</i>	<i>cranky</i>
<i>lonely</i>	<i>awkward</i>	<i>valued</i>

# my zones of regulation

## blue zone

i feel ill and down.  
i might move slower than usual.  
i feel tired  
i feel upset.  
i am bored.

i might need to rest and energise.  
i may need some comfort

## green zone

i am happy and fulfilled.  
i feel calm and focused.  
i am ready to learn.  
i feel positive and proud

i can learn something new/study.  
i can talk precisely and listen accordingly

## yellow zone

i may be excited about something.  
might feel surprised..  
i may be nervous and wiggly..  
i may be in a silly mood.  
i may feel i have loss of control

i can ask for help and think & talk positively.  
i can calm down and try my best.

## red zone

i might be mean.  
i may be out of control.  
i could be angry and yelling.  
i might be aggressive.  
i could be terrified and frightened

i can use strategies to calm down,  
(deep breaths and count to 10).  
i can apologise and talk to someone

