date:

my coping strategies

what calms me?

we feel differ emotions eve is beneficial fo have all those but we must a ways to cope

i have put the emotions felt feel different more frequen download and so it is most fi you.

erent veryday and it l for us to ose feelings	anger	enjoyment
st also find pe with them.	internally	internally
he five basic elt, but if you nt emotions	physically	physically
ently, please and edit them t fitting to	externally	externally
fear	sadness	disgust
internally	internally	internally
physically	physically 	physically
externally	externally 	externally

my coping strategies what calms me - my exmaple



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

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

my zones of regulation

blue zone

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

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

yellow zone

i may be excited about something.
might feel suprised..
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.

green zone

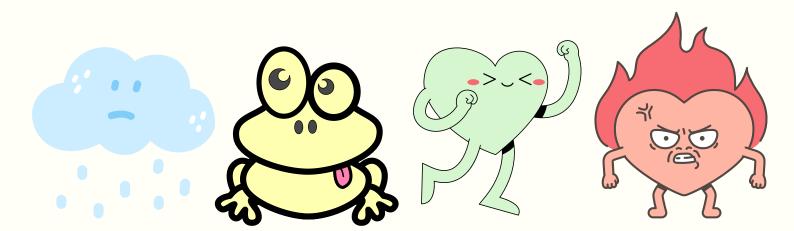
i am happy and fulfilled.i feel calm and focused.i am ready to learn.i feel positive and proud

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

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



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