

Get Control of Your Feelings



1
VERY Upset



2
Upset



3
Worried



4
Unsure



5
Relaxed



6
Calm



7
CONFIDENT

12 Ways To Control Your Difficult Emotions (Anger, Anxiety, Fears, Depression)

- 1.** Take 5 deep breaths, letting each breath out very slowly.
- 2.** Relax your body, starting with your neck and working down to your toes. You can massage each muscle group to help you relax.
- 3.** Close your eyes and pretend that you are in a peaceful place. Use all your senses to experience this place.
- 4.** Listen to quiet, relaxing music.
- 5.** Stretch out your body like a cat waking up from a nap.
- 6.** Slowly draw concentric circles. As you draw each circle, breathe deeply and feel yourself relax a little more.
- 7.** Say, "I can do this," to yourself 10 times. Each time you say it, feel calmer and more competent.
- 8.** Read an article or a book about someone who inspires you.
- 9.** Take a long walk, preferably in a scenic place.
- 10.** Look at something beautiful, like a cloud or a flower, for at least five minutes. Pay attention to every detail.
- 11.** Chew sugarless gum; it produces calming chemicals in your brain.
- 12.** Think about, and be grateful for, all the wonderful things in your life.

Directions: The **Control Your Feelings Scale** can be used by anyone from age three to adult. Just point to the face that best describes your feeling. Try one of the above techniques for at least five minutes. Afterward, point to the face that then best describes your feelings, seeing if your score has risen. Try different techniques until you can raise your score to a 5, 6, or 7. For younger children, explain that they can control their feelings and feel better by using this special scale. Show them how to do any of the techniques by first doing it yourself.

© Instant Help Publications 2006

Reproduction without permission is not permitted.

For more uses for this tool and hundreds of great products for parents and kids, visit our web site:

www.ParentStore.com.

PARENTSTORE.COM 