

ANGRY

When you’re feeling **angry**, you have lots of energy going around your body and so it is important to find safe productive ways to burn off this energy. Therefore a **physical** activity may work best. There are a number of physical activities you can do in order to try and distract yourself. Depending on where you are (at home or at school) may depend on the type of activity you can do. Some of these activities you can even do with other people.

* Squeeze ice cubes/ stress-ball.
* Go for a walk/run.
* Go to the gym.
* Go for a swim.
* Go for a bike ride.
* Stamp your feet.
* Pop bubble wrap.
* Pop balloons.
* Scream and shout.
* Sing loudly.
* Rip paper up/ screw paper up into small pieces.
* Build/ destroy Lego.
* Throw soft items against a wall.
* Kick a ball against a wall.
* Have a pillow fight.
* Jump up and down/ dance around.
* Ping a rubber band against your wrist.
* Take the dog/pet for a walk.



Sad/Depressed/ Feeling Bad

When you’re feeling **sad or depressed** it is important to find something to do that cheers you up and makes you feel a little bit happier. Therefore it is important to find a practical and safe activity that is **comforting** or **fun** to do. These kinds of activities will depend on where you are, but there is always one suitable to do. They can involve other people such as your friends or family.

* Take a shower or bath and relax.
* Read a book that you enjoy.
* Watch a movie that makes you laugh.
* Play with the family pet.
* Hugs-hug a loved one, hug a teddy, hug yourself!
* Make a nice hot drink, like a hot chocolate.
* Sit and watch your favourite TV programme.
* Call your friend and chat about anything and everything.
* Go to the cinema.
* Listen to upbeat music.
* Play a board game.
* Make a list of things that make you happy.
* Colour, paint or draw.
* Let your emotions out by crying.



Guilty

When we feel **guilty** it is about firstly realising what we feel guilty about and whether it is our place to feel guilty. Once we are aware of this then we will know what to do with this guilt.

If we are feeling guilty about something that we have done then we need to look to **repair** this, therefore we could try

* Doing something nice for the person.
* Talking to the person about what has happened and trying to say sorry, maybe they don’t feel as bad as you think they do.
* Try using the pro’s and con’s skill.

If we are feeling guilty about something that we haven’t done then we need to focus on **making ourselves feel better**, therefore we could look at using some of the techniques that make us feel comforted.

Scared

If you’re feeling scared then it is important to try and do something to

Make yourself feel **safe**. These can be things that you on your own or

that involves other people.

* Find someone you trust and sit with them.
* Try and find a place you are familiar with and spend time there.
* Give someone a hug.

Obsessed/Consumed

Sometimes people feel **consumed or obsessed** by a particular thought. When this happens it is important to try and **shift our thinking** away from this thought. So we need to aim to **focus** our thoughts on something else. Here are some examples of how other people have achieved this.

* Draw on yourself with a red marker.
* Put on fake henna tattoos and then peel them off.
* Put bandages or stickers on where you would want to self-harm.
* Squeeze ice cubes.
* Draw around your arm on a piece of paper and scribble where you have thoughts of harming, then throw the piece of paper in the bin.
* Focus your thoughts on your breathing, pay attention to the way your chest moves with each breath.
* Do something that really requires you to focus, like playing a computer game.
* Choose an object in the room, examine it and write a description that is as detailed as possible.
* Choose a random object and list as many uses as possible for it.

Comfort

Sometimes we are not sure what emotion we are feeling or we can

struggle to recognise it, but we know what we are seeking. There are a

number of distracting activities that can make you feel **comforted**.

* Cuddling a soft toy.
* Having a nap.
* Playing with the family pet.
* Having a warm shower or bath.
* Having a nice hot drink.
* Having a massage.
* Having a cry.
* Giving someone a hug.
* Watching your favourite TV programme or film.
* Cooking or baking.
* Talking to someone close to you.

Physical/Energetic Activities

Sometimes we may benefit from doing activities that are

physical and keep us active, these can burn off the energy

that we have. These can be activities such as:

* Going to the gym.
* Going for a jog/run.
* Taking the dog for a walk.
* Playing a game of football/rugby/netball.
* Dancing.
* Jumping around.
* Playing with a stress ball.
* Having a pillow fight.
* Going for a swim.
* Going on a bike ride.
* Popping bubble wrap.
* Ripping up pieces of paper.



Happy

It is important to remember that it is ok to feel **happy**.

Sometimes this can even just mean managing and getting through

each day and by managing your thoughts and feelings. Keep it up!