

STRATEGY

Ask for help

Take a break

Positive self-talk

Think of happy things, favorite place, memory,

Write it down

Take a walk/Use a calming corner

Make a list focus- focus on one thing at a time

Breathe

Give yourself a hug

Squeeze something

Take a mindful moment (read, draw, color, close eyes)

Get a drink

Stretch

RESPONSE

I can’t think about anything. I am living in my emotions. I am stuck.

I can’t function

I am beginning to have trouble focusing and paying attention to my work. I am starting to feel my body get fidgety, warm/sweating, my heart and my breathing are becoming faster

I am starting to notice some change; I am becoming aware that something is not right, or not okay or different

I FEEL GOOD.

I AM COMFORTABLE

I AM SAFE

FEELING

**Amygdala Shut Down**

Distressed

Stressed/ Overwhelmed

Worried/Tense

Concerned

Uneasy/hesitant

I AM GOOD

Anxiety Meter