

# Coping with Your Feelings

## Objective

To identify your range of feelings and increase the ways you can cope with intense emotions.

## What to Know

Your feelings can range in intensity from manageable to out of control. You can use different coping skills to deal with these different “levels” of feelings. Here are some ways you can cope with your feelings when you’re upset.

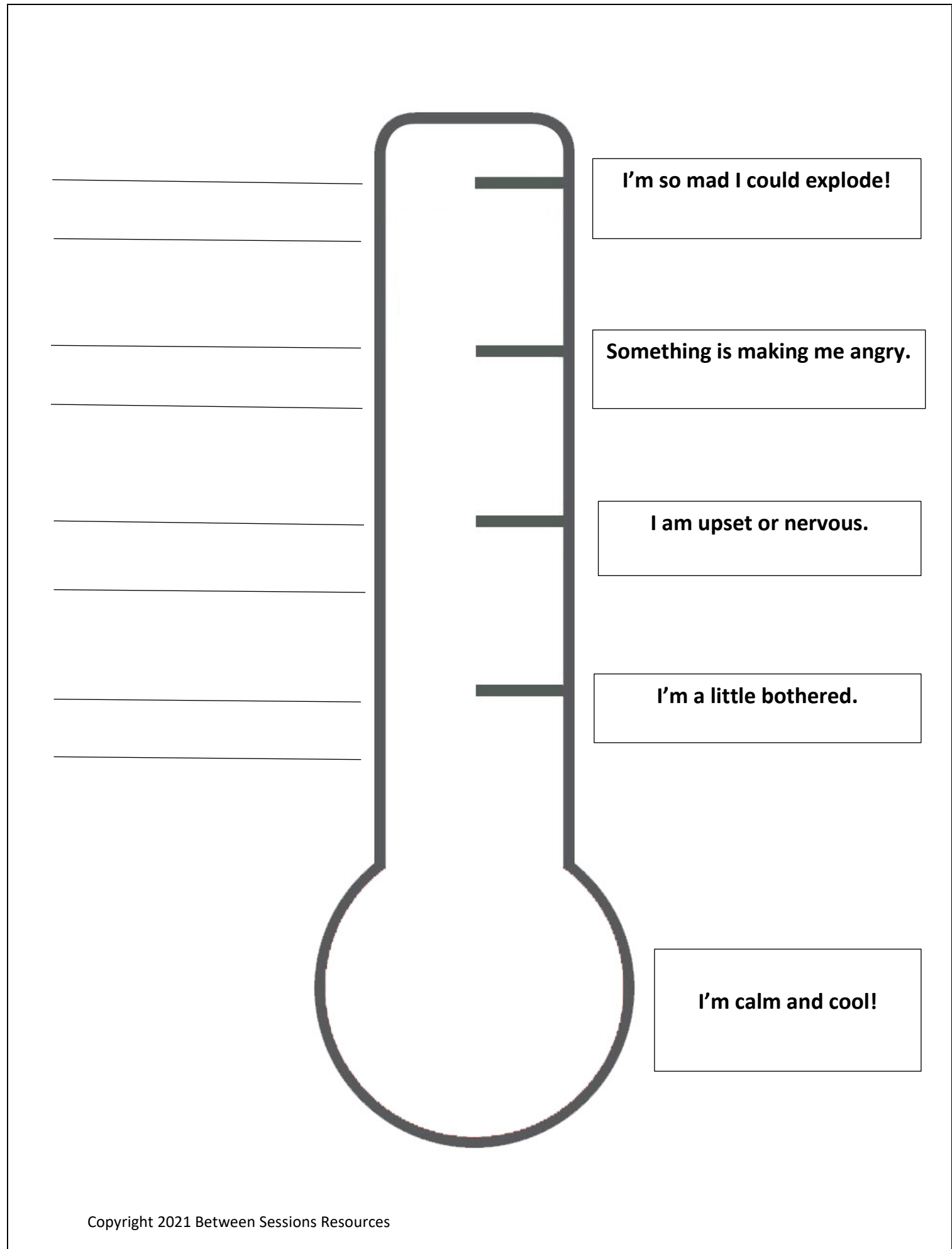
- Do mindful coloring or mazes
- Jump rope, ride your bike, or take a jog
- Write in a journal or doodle
- Listen to music and dance or sing along
- Make a playlist
- Sort or edit your photos
- Play with your pet
- Shoot hoops or kick a ball
- Hug a pillow or stuffed animal
- Play with a fidget toy or modeling clay
- Write down why you’re upset, tear it up, and throw it away
- Tense your muscles from head to toe and then relax them
- Practice deep breathing
- Count to 20 or do math problems in your head
- Take a break and play a video game, watch a funny video, etc.
- Speak with a trusted adult
- Text or call a friend
- Say positive things like, “I am calm and cool!”
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_

Circle any of the ideas above that you’d like to try.

## What to Do

On the following page, use colored pens or markers to color the feelings thermometer. Choose different colors to show your range of feelings from calm to really upset.

On the lines, write down coping skills you could use with each level of emotion. Keep a copy of the Feeling Thermometer with you or take a picture of it with your phone to remind yourself of what you can do when you’re upset.



**I'm so mad I could explode!**

**Something is making me angry.**

**I am upset or nervous.**

**I'm a little bothered.**

**I'm calm and cool!**

## Reflections on This Exercise

How helpful was this exercise? \_\_\_\_\_

(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What did you learn from this exercise?

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