**Sadness**: depressed, hopeless, sad, empty, gloomy

**Anxiety**: anxious, afraid, worried, nervous, panicked

**Anger**: angry, irritated, frustrated, annoyed

**Guilt (others)**: guilty, remorseful, self-conscious

**Shame (self)**: shameful, embarrassed, self-conscious

Exercises

|  |  |  |
| --- | --- | --- |
| Physical activity | Go on a run, do a quick workout at home, or head to the gym | Sadness, Anxiety, Anger, Guilt, Shame |
| Watch Something Funny | Watch a funny show/video to distract and make you smile | Sadness, Anger |
| Gratitude list | Make a list of at least ten things about yourself that you like/are grateful for | Sadness, shame, guilt |
| Apology Letter to Self | Write a letter forgiving yourself for something you did wrong | Shame, guilt |
| Apology Letter to Someone | Write a letter to another person apologizing for something you did wrong | Guilt |
| Check your Magnification | Are you being too hard on yourself? Does your self-punishment fit the crime? | Shame, guilt |
| Call Someone | Call a friend or loved one | Sadness, Anxiety, Anger |
| Listen to Music | Make sure the music fits how you’re feeling...if you’re angry, blast it! If you’re anxious, try to actively listen to the lyrics or the instruments | Anxiety, Anger |
| Take a shower | If you’’re angry, take a cold shower or splash cold water on your face. If anxious or sad, take a warm shower or bath to relax. | Sadness, Anxiety, Anger |
| Write Angry Letter | Draft a letter to the thing or person you are angry with - just don’t send it!! | Anger |
| Breathe | A quick exercise to pay attention to your breathing | Sadness, Anxiety |
| Drink Something Warm | Make tea | Sadness, Anxiety |
| Grounding | Grounding - noticing surroundings | Anxiety |
| Eat! | Eat something sour to distract | Anger |

Ngrok or employ to heroku for backend (express.js)

Expo new project for front end react native