**Content**

Happy

Sad

* Call a friend
  + Discuss your sadness with someone you trust and will not judge you.
* Listen to Music
  + Put on an upbeat, happy song and enjoy the music for a few minutes.

Angry

* Write an email
  + Write out all of your anger. Once you’ve written out your frustrations delete it. This symbolizes the release of negative thoughts and letting the issue go.
* 30 minute of exercise
  + Dance or go on a brisk walk for 30 minutes.

Depressed

* Positive self-talk
  + Face a mirror and tell yourself 15 things you love about yourself.
* Meditate
  + Take a few minutes to block out your surrounds and think of a few things you appreciate in life.

Anxious

* Get some fresh air
  + Visit a park and spend some time outside. The change of scenery and fresh air can help calm anxiety.
* Breathe
  + Spend a minute taking deep breaths. Slowly inhale for 4 seconds, hold your breath for 4 seconds, and exhale for 4 seconds. Repeat for a minute.