

Feel Better Fast: 12 Ways to Help Yourself

1. 5-4-3-2-1 Game:

- Look for 5 things you see, 4 touch, 3 hear, 2 smell, 1 taste.

2. Box Breathing:

- Breathe in for 4, hold 4, out 4, hold 4.

3. Move Around:

- Jump, stretch or shake it out.

4. Splash Water:

- Use cold water on your face or hands.

5. Say Your Feelings:

- 'I feel angry.' 'I feel sad.'

6. Touch Something:

- Hold a soft toy, rock or squishy ball.

7. Push or Hug:

- Push hands together or hug a pillow.

8. Imagine a Safe Place:

- Think of a beach, room or nature spot you love.

9. Body Check:

- Close your eyes, notice your toes to your head.

10. Positive Words:

- Say 'I'm safe.' 'I can get through this.'

11. Music Time:

- Listen to a favorite song or beat.

12. Color Hunt:

- Find 5 blue (or any color) things around you.