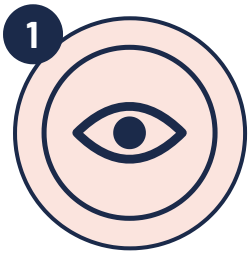
FEELINGS

When a big feeling comes

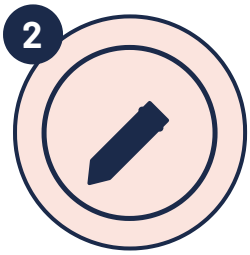
1



Notice

Where do you feel it in your body?

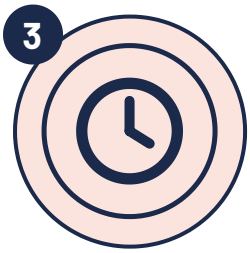
2



Name it

Worried, cross, sad or excited?

3



Pause

Take a slow breath in and out.

4



Talk

Tell someone you trust.

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