



Ways to 'Roll With It' when you feel ANGRY



Talk About It: We can get angry from holding something in for too long. Other times, we need others to help us make sense of things. Finding someone to talk to and vent can help you get some good ideas from another perspective.

Dragon Breath: Dragon breathing is both fun and easy! First, pretend that you are a big angry dragon. Next, breathe out a long angry fire breath. Then, take a nice long cool breath in. Repeat until you feel your body calming down.



Squeeze a Pillow (or anything soft): This helps us tense our muscles and then release them. When we are angry, our muscles can tighten without us being aware of it. When you squeeze your muscles on purpose, you bring attention to your body's reaction to anger, and then you can relax your body on purpose too.



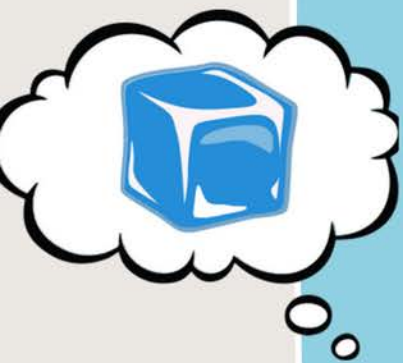


Ways to 'Roll With It' when you feel ANGRY



Move: Endorphins are things in our body that help us get rid of stress and make us feel good. Movement releases endorphins and can help us shift our perspective. Letting out anger through more intensive movement might also help you feel calmer.

Drink Cold Water: Cold shocks the body out of whatever hot moment we might be caught in. This decreases the body's "fight or flight" response. When we feel angry, it often comes with heat in our body, so cooling our temperature can shift our mood too.



Cool Angry Thoughts: Angry thoughts can be really powerful. When you replace them with calmer thoughts like "It's going to be OK" or "He didn't meant to do that", you can feel calmer. This can help you problem solve better in the moment and think more rationally.

Ways to 'Roll With It' when you feel SAD



Laugh Out Loud: When we're feeling sad we often do things that keep us sad. This makes it hard for us to feel better. Laughing, even when you might not feel like it can make you feel a lot better. Watching or reading something funny can make laughing a whole lot easier.

Mindful Movement: When we feel sad, we feel sluggish and we usually just want to stay in bed. Instead, try doing a gentle yoga pose or a silly dance while paying attention to your body. This simple activity can lighten the feeling of sadness and bring some joy to your day.

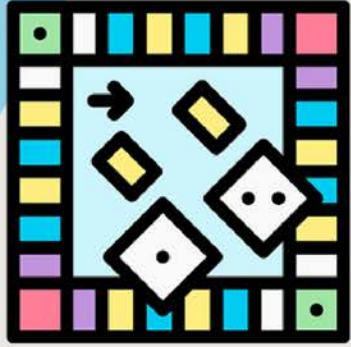


Journal: When we have strong feelings, we can feel overwhelmed and confused. Journaling can help us make sense of our emotions through writing. This process can help you figure out why we are feeling sad or help get some perspective on things we can do to work through it.





Ways to 'Roll With It' when you feel SAD



Play a Game: Sometimes when we are feeling sad, we think about that feeling all day, which makes us feel even worse. Playing a game can help to distract you. This can also help you have fun, which can really change your outlook when stuck in a rut.

Talk to a Friend: Getting emotional support by talking to someone you feel safe with can be big. This can help you work through and process your feelings, while feeling heard and supported. This can also act as a good distraction if you prefer to chat with your friend about interests you share.



Hug someone or something: Sadness is something that can make us feel really isolated. Getting a warm hug from someone you care about might be the physical comfort your body needs. You can also hug something soft if that feels more comforting.



Ways to 'Roll With It' when you feel SCARED



Face the Fear: Our thoughts sometimes tell us we can't handle our fears. Avoidance and escape are the first things we want to do when we feel scared. Acting opposite to those urges can actually help you beat your fear by proving it wrong.

Exercise: Moving your body when exercising helps you work through our nervous energy. It allows you to let go of the tension in the body and provides a great distraction. Using exercise to empower yourself when feeling scared can help you feel better about facing our fears, too!

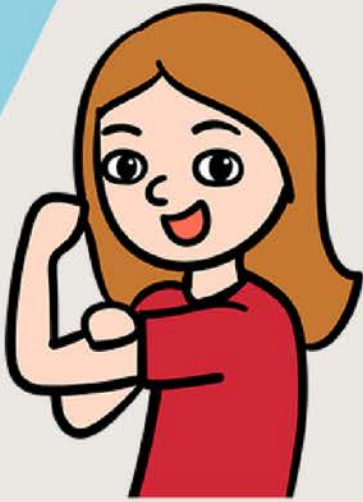


I can do it!

Positive Self Talk: When feeling scared, we may see ourselves as small or helpless. By telling yourself positive things, you can build confidence to manage your fear and feel more in control. This can also help you face our fears even when you're not feeling up to the challenge.



Ways to 'Roll With It' when you feel SCARED

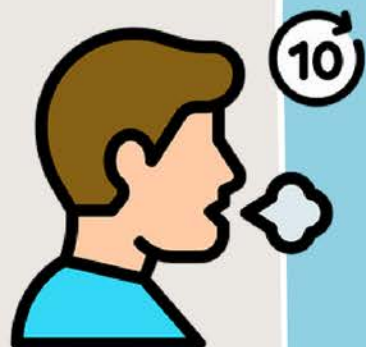


Muscle Relaxation: Feeling afraid impacts our body by tensing our muscles. It also wakes up the 'fight or flight' response. Relaxing your muscles in the face of fear can help you feel calmer when scared.

Visualization: Transporting ourselves out of a scary moment can help us get to a place of calm and feel more at peace. Using your imagination, visualize a place where you feel safe. After tapping into that feeling, hold on to it even once you return to the moment that is scary.



Breathe & Count to 10: We may find ourselves breathing really quickly or holding our breath when we feel scared. This type of breathing can make you feel more tense. Slow down by taking a deep breath and counting to 10 while you breathe it. Release that tension when you breathe out.



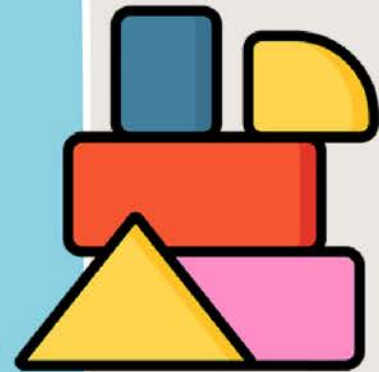


Ways to 'Roll With It' when you feel BORED



Get Sporty: Sitting around with nothing to do can be boring. Just get moving! This is a great way to have fun and keep busy. You can shoot some hoops, take a hike, dance in the rain, you name it!

Build: Get your creative cap on by building with blocks, magnetic tiles, popsicle sticks, or anything else you may enjoy. Building can be fun and is something you can do alone or with a friend. You can also use your imagination and build a whole city or kingdom!



Music: Listening to music is a great way to deal with boredom. Turn on some music that you enjoy. You can blast it and dance or you can listen to calm music that will help you vibe. You can also listen to a podcast if interested in learning something new.





Ways to 'Roll With It' when you feel BORED



Read a Book: Reading a book can help transport you to different places and can add excitement when feeling bored. Pick up your favorite reads, recommendations from friends, or a bestseller. You can also set the mood by going to the park or beach to read.

Puzzles: If you like to challenge yourself, puzzles can be a great place to do that. Piecing together a puzzle or figuring out brain teasers can be a fun way to fill a dull moment. See if you can get your family or friends involved and make it party!



Arts & Crafts: Coloring, drawing, and playing with clay are ways that can keep you busy when feeling bored. Look for the things you have easily available in your home, and find ways to make them into art. This can even be as simple as using construction paper or crayons and paper.