

FEELINGS THERMOMETER

How do you feel?

What can you do about it?



ANGRY, FURIOUS, EXPLOSIVE

▶ Yelling, Stomping, Meltdown

- Vigorous physical exercise
- Breathe deep breaths
- Take a warm shower or bath



FRUSTRATED, ANNOYED, IRRITABLE

▶ Arguing, Refusing, Shutting down

- Meditate/pray
- Listen to favorite music
- Take a fast-paced walk



ANXIOUS, WORRIED, UNSETTLED

▶ Pacing, Avoiding, Clingy

- Talk to a family member/friend
- Pay attention to each of your 5 senses
- Focus on what you *can* control



SAD, NEGATIVE, LONELY

▶ Crying, Withdrawn, Slowed/Disengaged

- Set a positive goal for the day
- Call a friend or relative
- Journal about your feelings



HAPPY, CALM, CONTENT

▶ Smiling, Laughing, Engaged

- Help someone else
- Notice and enjoy your positive mood
- Engage in an enjoyable activity



Wisconsin Office of **Children's Mental Health**

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