

# What you can do when you're feeling...

## Sad

- Talk to an old friend or watch a feel-good film.
- If it does not go away, get help from a professional.



## Angry

- Take 3 deep breaths & identify what triggered you.
- A 10-minute walk with your favourite music might change that.



## Fearful

- Challenge negative thoughts and address them one at a time.
- Stay in the moment and avoid thinking about the future.



## Stressed

- Get moving! Exercising or dancing are natural stress busters.
- Set boundaries with overwhelming tasks.

