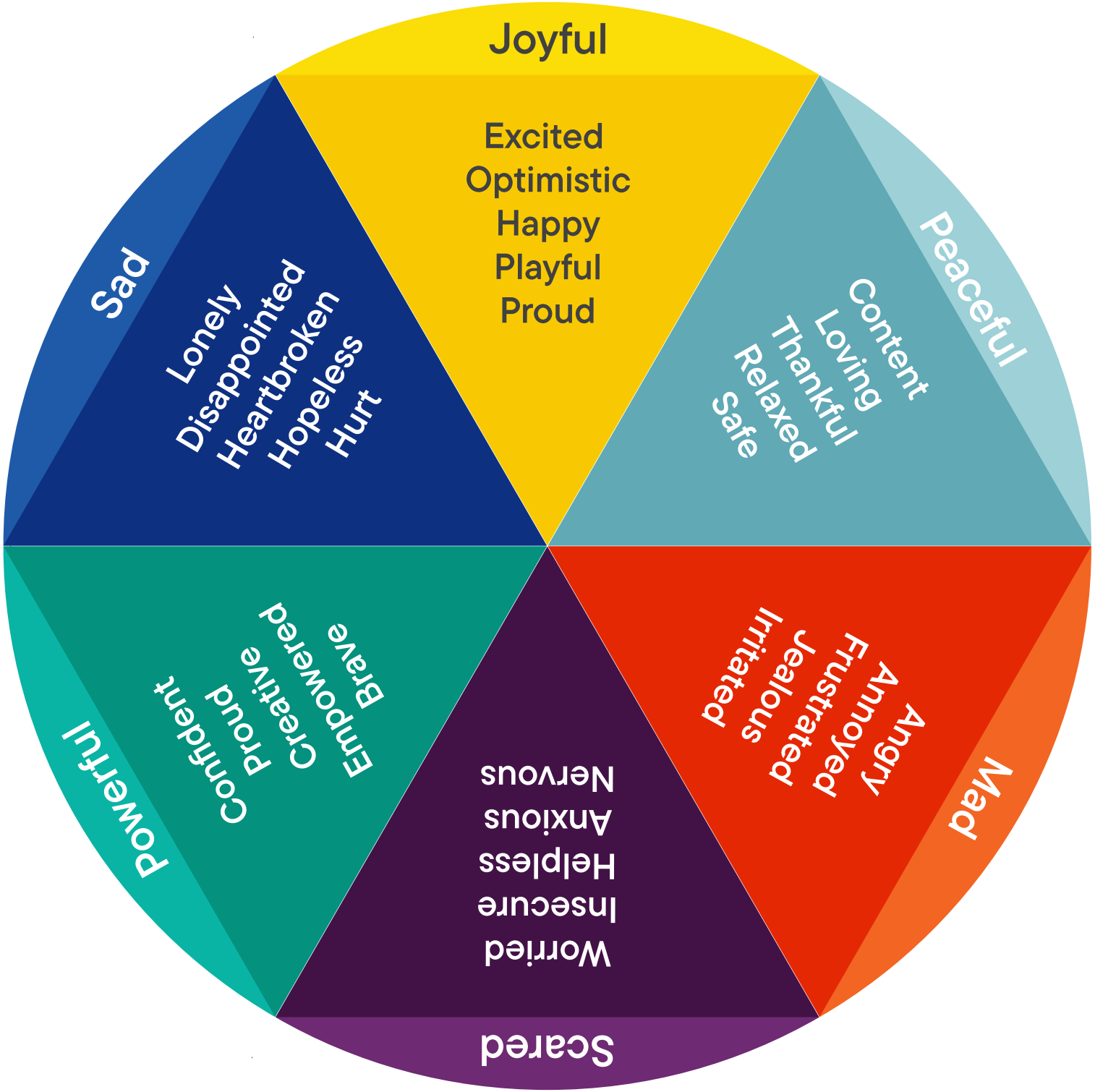
Scared
Worried
Insecure
Helpless
Anxious
Nervous
Mad
Angry
Annoyed
Frustrated
Jealous
Irritated
Powerful
Confident
Proud
Creative
Empowered
Brave
Sad
Lonely
Disappointed
Heartbroken
Hopeless
Hurt
Peaceful
Content
Loving
Thankful
Relaxed
Safe
Joyful
Excited
Optimistic
Happy
Playful
Proud

Peaceful
Mindful Breathing:
Slow inhale for 4. Hold for 4. Exhale for 4. Hold for 4. (box breathing)
Nature Break:
Step outside, notice the sky, trees or fresh air.
Mad
Movement Release:
Do 10-20 jumping jacks, push-ups or a brisk walk to let out physical tension.
Write and Rip:
Write what made you angry then rip it up as a release
Scared
MGrounding 5-4-3-2-1:
Name 5 things you see.
4 things you feel.
3 things you hear.
2 things you smell.
1 thing you taste.
Progressive Muscle Relaxation:
Tense and release each muscle group slowly.
Powerful
Affirmations:
Speak 3 encouraging things about yourself.
Creative Outlet:
Write, draw or build something that expresses your energy.
Posture Check:
Stand tall with shoulders back – body language boosts confidence.
Sad
Gratitude Jot:
Write down 3 things you're thankful for right now. Reach Out:
Text/call a friend or family member even just to say hello.
Music Shift:
Listen to a comforting or uplifting song that soothes your mood.
Joyful
Celebrate:
Share your good news with someone.
Savouring:
Pause and soak in the positive moment – notice what you see, hear and feel.
Spread Joy:
Do a random act of kindness for someone.