

APPROPRIATE THINGS YOU CAN DO WHEN YOU ARE FEELING ANGRY, SAD OR STRESSED

Appropriate things

are things that do not hurt you, or anyone else now or later.

Ask the group to brainstorm a list of things they can do that are APPROPRIATE when they are angry and when they are sad or stressed.

Examples:

When I'm angry

- Kick a ball
- Punch a pillow
- Scream into a pillow
- Cry
- Tear up old newspapers
- Jump up and down
- Run
- Play the drums

When I'm sad or stressed

- Play a video game
- Talk to my dog
- Listen to music
- Cry
- Write in my journal
- Read
- Talk to a friend
- Sleep
- Go for a walk

Keep in mind that

you may not be able to change the situation that is causing you to feel **angry, sad or stressed**, but you CAN do something about how you feel.

If

you do some kind of **stress reduction** activity everyday; you will be emotionally more prepared to deal with a problem or disappointment when it happens.

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