

12 THINGS YOU CAN DO WHEN YOU'RE FEELING STRONG EMOTIONS (WHEN OUT IN PUBLIC)

1. Ask to be excused or leave the room for a moment. You can say you're going to the bathroom.

6. Tell yourself, "I know this is overwhelming. What's happening right now needs my attention and I will process it later. I will work on this at (time)."

2. Find somewhere to be alone for a few minutes and take some deep breaths.

7. Use positive self talk or self coaching to bring yourself back into the moment.

3. Go outside for a moment.

8. Splash cold water on your face.

4. Ground yourself in the room. Find something you can touch, hear, or smell.

9. Listen to music.

5. Make a note of what you're feeling and what happened (record a voice memo or write it down). Promise you'll process it later.

10. Find something to play with in your hands and direct your attention to that.



11. Reach out to a support person and let them know you're having a hard moment and really want to talk about it later.

12. Take a walk, stretch, or move in some way.