

Name your feelings.
Make space for your feelings.
Take care of your feelings.



BURRELL[®]
BEHAVIORAL HEALTH

IF YOU'RE FEELING

TRY THIS

LONELY

Tell a trusted adult how you feel. Reach out to people you'd like to spend more time with. Validate and praise yourself. Visualize a safe place. Explore new hobbies and interests. Go for walk. Join a virtual group. Volunteer. Remember you are not alone in feeling alone!

ANXIOUS

Imagine your favorite place. Take deep belly breaths. Tense and relax your muscles. Say the alphabet backwards. Focus on three things you notice around you. Do jumping jacks or jog in place. Color or draw. Distract yourself with a puzzle or math problem.

SAD

Talk back to negative thoughts. Get outside – play, walk, enjoy nature. Play with a pet. Talk to someone you trust. Read. Take a shower or bath. Watch a funny movie or video. Be kind to yourself. Write or draw.

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TRY THIS

STRESSED OUT

Take a break from the stress and do something you love. Watch a favorite movie or listen to your favorite music. Soothe your five senses (taste, touch, smell, sight, and sounds that are calming). Take a drink of cold water.

BORED

Arts and crafts. Get curious about the things around you and explore. Play card games, board games, or make up your own game! Write a story. Be silly and laugh. Bake or cook. Make an obstacle course or build a sheet fort.

ANGRY

Take steady breaths. Push the palms of your hands together and release. Take a step back and cool down. Do wall push-ups. Write about your feelings. Count to 20. Go to a quiet place. Talk to a friend. Be your own coach (“I can handle this!”).

HOPELESS

Talk to a safe adult. Practice gratitude. Give yourself a hug. Argue with your hopeless thoughts – think about potential positives. Take care of your body – healthy eating and sleep. Change your environment – get out of the house, move your body. Set small goals. Ask for help.



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You don't have to do this alone. We are always here. Call us any time, 24/7:

Southwest Missouri:
800-494-7355

Central Missouri:
800-395-2132

Northwest Arkansas:
888-518-0108

The National Crisis Text Line is also available: Text HOME to 741741