

ECHO - Every Choice Has Opportunity

Feelings & Emotions

When feelings are overwhelming: **P A C**

P – Pause & Breathe

A – Acknowledge Feelings






















C – Choose Healthy Coping

- Box Breathing:
 - Inhale **4**, Hold **4**, Exhale **4**, Hold **4**
- 5-4-3-2-1:
 - 5 things you can see
 - 4 things you can touch
 - 3 things you can hear
 - 2 things you can smell
 - 1 thing you can taste
- S.T.O.P.:
 - **S**top, **T**ake a Breath, **O**bserve, **P**roceed

All feelings & emotions are valid

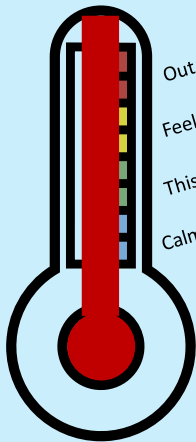
Feelings are temporary

You don't have to handle big feelings alone

Happy	Happy 	Celebrating 	Confident 
Sad	Crying 	Sobbing 	Disappointed 
Afraid	Fearful 	Terror 	Anxious 
Angry	Mad 	Frustrated 	Rage, furious 
Ashamed	Embarrassed 	Hiding 	Uncomfortable 
Neutral	Blank 	Overwhelmed 	Skeptical 
Self-Care	Self-comfort 	Need help 	Centering 

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Frustration



Out of control!
Feelings are strong
This is bothering me
Calm and in control

- Feelings are just messages of information
- Naming your feelings can help you to deal with them.
- Feelings are like a soda bottle. When life “shakes us up,” the pressure builds, feelings become more intense, and can explode. Take the cap off and allow yourself to feel your feelings from time to time.

PAUSE
Take a breath



CHECK
What’s bother me?
What am I feeling?

REWIND
What are my options?
What worked before?
Who can I talk to?



PLAY
Proceed Mindfully
Walk away
Reach out

