

## ECHO - Every Choice Has Opportunity

### Feelings & Emotions

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

**P** – Pause & Breathe

**A** – Acknowledge Feelings

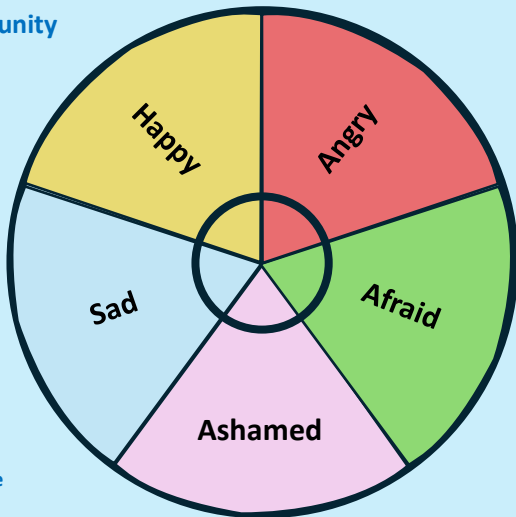
**C** – Choose Healthy Coping

- 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.:
  - Stop, Take a Breath, Observe, Proceed

**All feelings & emotions are valid**

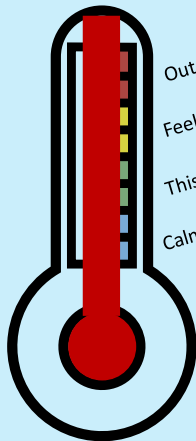
**Feelings are temporary**

**You don't have to handle big feelings alone**



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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 bothering 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

