

~WHEN YOU'RE ANGRY, UPSET, OR SCARED~



BREATHE LIKE A DRAGON

1. Sit up straight and close your eyes.

2. Take a deep breathe in through your nose.

3. Breathe out of your mouth hard and fast like a dragon breathing fire.

~REPEAT UNTIL YOU FEEL CALM.~



SD BEHAVIORAL HEALTH
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DEPARTMENT OF EDUCATION
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If you've tried healthy coping strategies and still feel overwhelmed, ask for help. If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org. Visit SDBehavioralHealth.gov for behavioral health resource information.