

meet your emotions

Name them, tame them, and make friends with them.



ANGRY



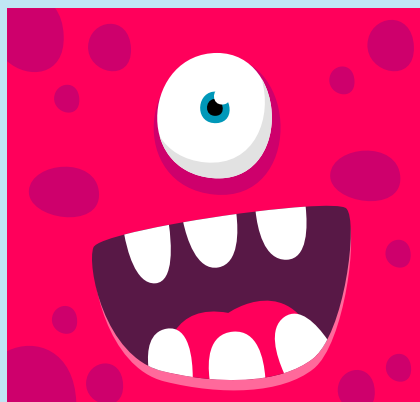
EXCITED



EMBARRASSED



HAPPY



SURPRISED



PROUD



SCARED

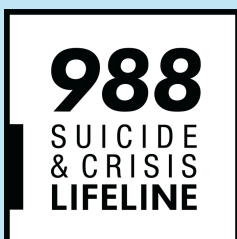


SAD



HOPEFUL

Activities like exercising, eating healthy, or talking to a trusted friend or family member can decrease stress. If you've tried healthy coping strategies and still feel overwhelmed, ask for help. Talk to your school counselor, school psychologist, school social worker, a trusted teacher or other adult, or use one of these QR codes. If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org.



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