Feeling **Upset**?

**A Check List For Youth**

- **WALK AWAY**
  - To Cool off or Get a drink

- **TAKE A TIME OUT**
  - and use a calming tool such as a stress ball

- **TAKE DEEP BREATHS**
  - In & exhale

- **COUNT BACKWARDS**
  - from 20 to 1 or say the ABCs

- **DOODLE ON PAPER**
  - then rip or crumple it up

- **PUSH AGAINST**
  - a hard surface such as a wall

- **GET UP**
  - exercise, dance, stretch, or play a sport.

- **USE 1 STATEMENTS**
  - to say how you feel & what you

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*NAMI South Carolina*