

# List Of Things To Do When I am Feeling Overwhelm

*Keep A Journal*

*Watch A Movie/Show*

*Look For Rainbow Colors*

*Squeeze A Stress Ball*

*Talk To Trusted Adults*

*Ask For A Hug*

*Take A Walk*

*Take Quiet Break*

*Draw, Color, Or Create*

*Take A Snack Break*

*Do Brain Teasers*

*Think Positive Thoughts*

*Read*

*Counting to Ten, Hold 5, Let Go 5*

*Make 8 With Hand*

**I Have Faith In God, My Family & Myself. I Got This!**