

# Managing Feelings

Common examples of ways people manage feelings in **healthy** ways:



Talking



Music



Reading



Writing



Laughing



Exercising

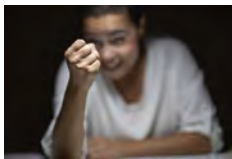


Drawing



Funny movie

Not so healthy ways might include:



Hitting



Yelling



Breaking Things



Overeating



Broken Record  
Repeating story

Choose 3 **healthy** ways to manage your feelings:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_