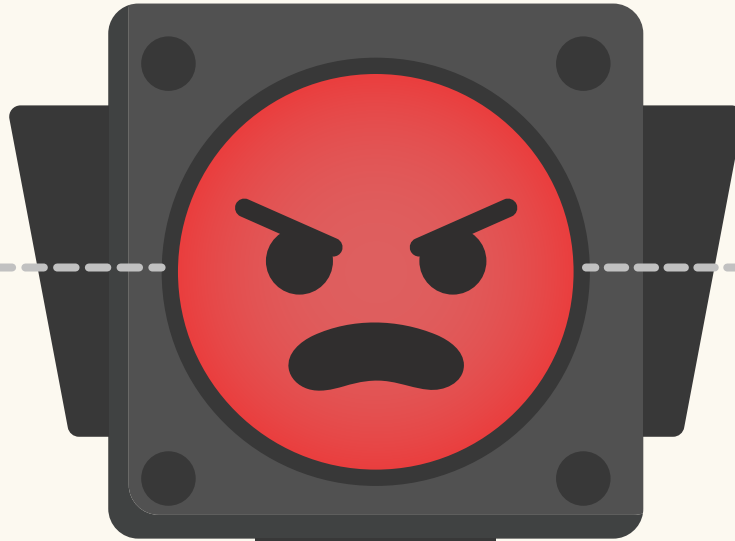


How Are You Feeling?

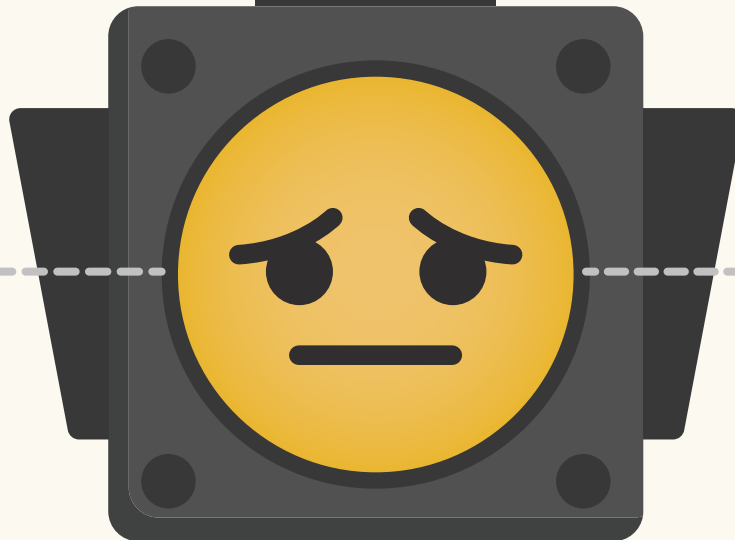
Use this guide to check your behavior and decide your next steps. Follow the traffic light system to stay on the right track.

STOP



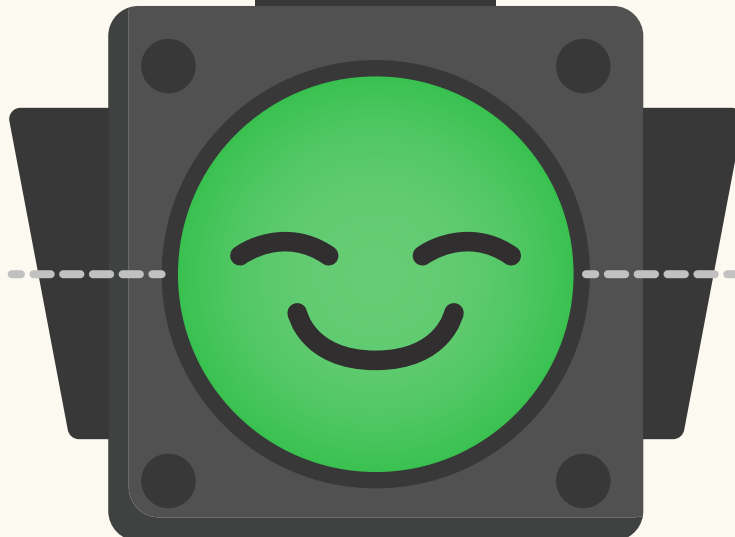
Pause and take deep breaths. Feel and name the emotion.

THINK



Why do you feel this way? What is the problem and what are the options?

ACT
/SHARE

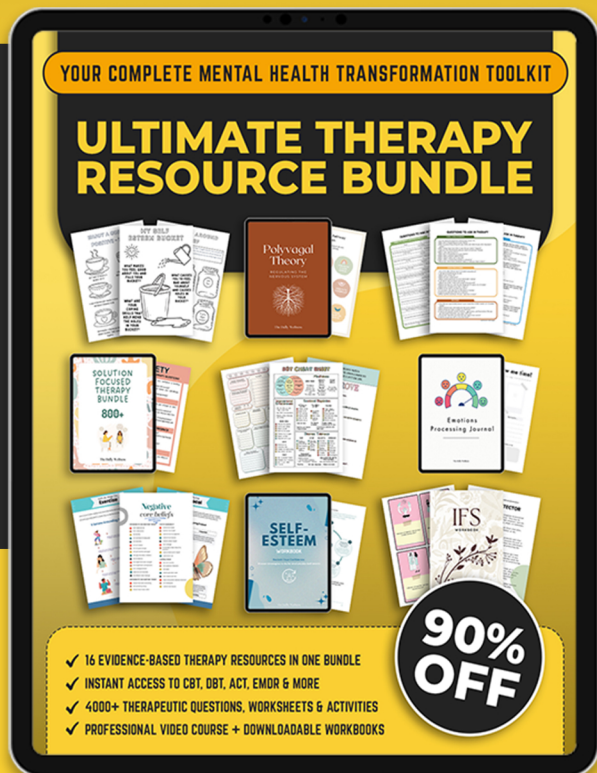


Choose how to react. All feelings are okay! Speak with someone you trust if you need to.

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- **Bonus Resources:** Daily coping cards, boundary scripts & crisis management plans

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