



# My Emotional Regulation Plan



## When I notice body signs like...

*For example: getting sweaty, heart beating faster, lots of racing thoughts*

## I can do these activities to make me feel better (things that will help my body feel safe again)...

*For example: hanging with a friend, watching youtube, having some alone time*

## I can reach out to these places or people...

*For example: friends, family, teacher/school staff, youth mental health services, someone from a community group I'm in, someone from my sport club*



**Remember:** there is no 'right' way to regulate emotions, it's about what works for you



# Self Esteem Boost



**If you're  
having a hard  
time coming up  
with stuff...**



- What would a friend (or anyone who knows you well) say about you?
- Think of some 'bad' qualities - what are some negative qualities that you do **not** have?
- Think of any skills, talents, achievements, goals you've accomplished, etc.

**Good / fun / cool / interesting things about me:**