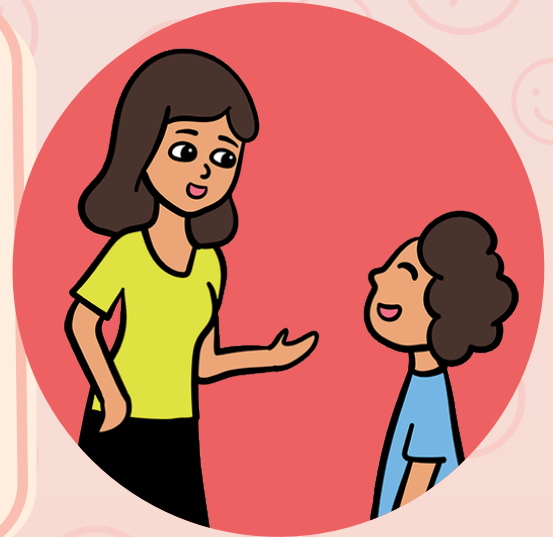




Ways to 'Roll With It' when you feel ANGRY

TALK ABOUT IT

You can get angry from holding something in for too long. Other times, you need others to help you make sense of things. Finding someone to talk to and vent can help you get some good ideas from another perspective.



DRAGON BREATH

Dragon breathing is both fun and easy! First, pretend that you are a big angry dragon. Next, breathe out a long angry fire breath. Then, take a nice long, cool breath in. Repeat until you feel your body calming down.



SQUEEZE A STRESS BALL (or anything soft)

This helps you tense your muscles and then release them. When you are angry, your muscles can tighten without you being aware. When you squeeze your muscles on purpose, you become more aware of your body's reaction to anger, and then you can relax your body on purpose too.

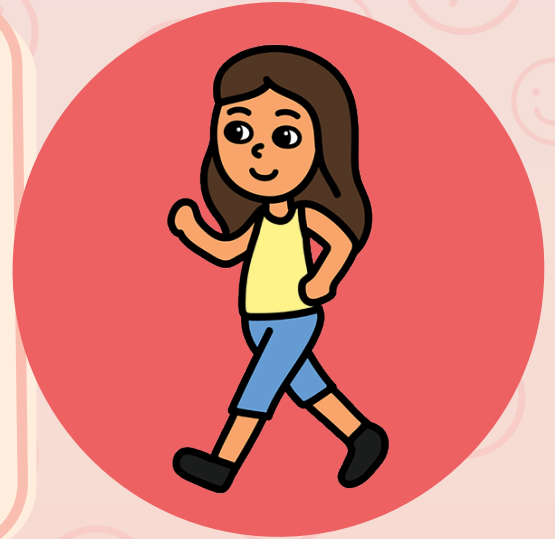




Ways to 'Roll With It' when you feel ANGRY

MOVE

Endorphins are things in your body that help you get rid of stress and make you feel good. Movement releases endorphins and can help you shift your perspective. Letting out anger through more active movement might also help you feel calmer.



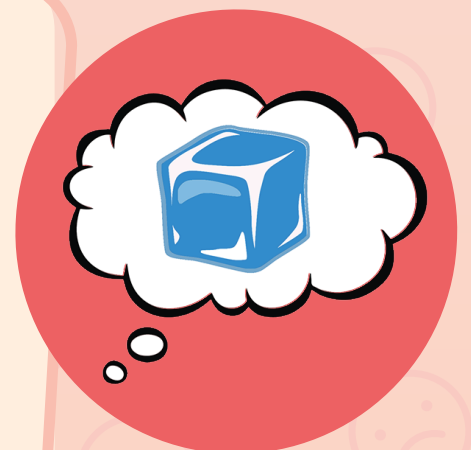
DRINK COLD WATER

Cold water can shock the body out of whatever intense moment you're experiencing. This decreases the body's 'fight or flight' response. When you feel angry, it often comes with heat in your body, so cooling your temperature can shift your mood too.



COOL ANGRY THOUGHTS

Angry thoughts can be really powerful. When you replace them with calmer thoughts like "It's going to be OK" or "They didn't mean to do that", you can feel calmer. This can help you problem solve better in the moment and think more rationally.





Ways to 'Roll With It' when you feel SAD

LAUGH OUT LOUD

When you're feeling sad you may want to do things that keep you sad. This makes it hard for you to feel better. Laughing, even when you might not feel like it, can make you feel a lot better. Watching or reading something funny can make laughing a whole lot easier.



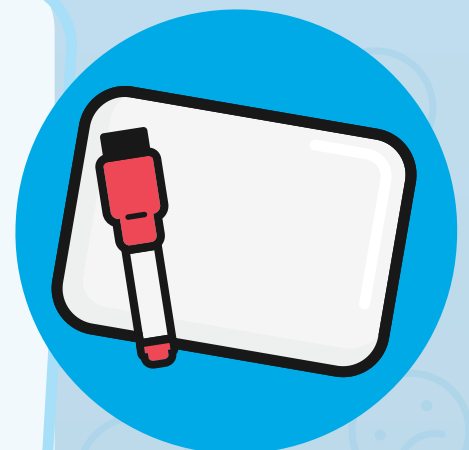
MINDFUL MOVEMENT

When you feel sad, you feel sluggish and may just want to stay in bed. Instead, try doing a gentle yoga pose or a silly dance while focusing on your body. This simple activity can lighten the feeling of sadness and bring some joy to your day.



WRITE OR DRAW

When you have strong feelings, you may feel overwhelmed and confused. Journaling can help you make sense of your emotions by writing. This process can help you figure out why you are feeling sad or help you gain some perspective on how to work through it.





Ways to 'Roll With It' when you feel SAD

MUSIC

Sometimes when you are feeling sad, you think about that feeling all day, which can make you feel even worse. Listening to music can help to distract you and get you moving your body!



TALK TO A FRIEND

Getting emotional support by talking to someone you trust can make a big difference. This can help you work through and process your feelings, while feeling heard and supported. This can also act as a good distraction if you prefer to chat with your friend about interests you share.



HUG SOMEONE OR SOMETHING

Sadness is something that can make you feel really isolated. Getting a warm hug from someone you care about might be the physical comfort your body needs. You can also hug something soft if that feels more comforting.

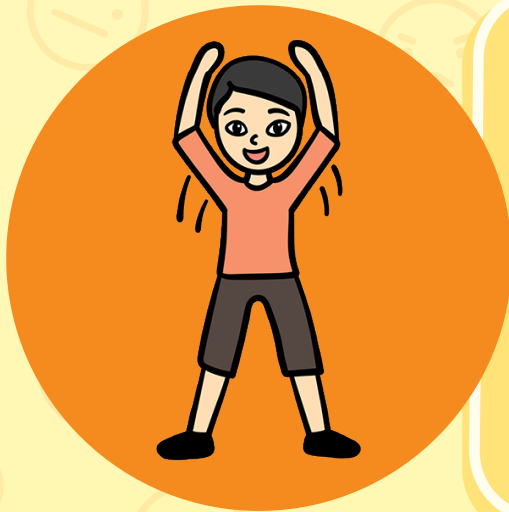
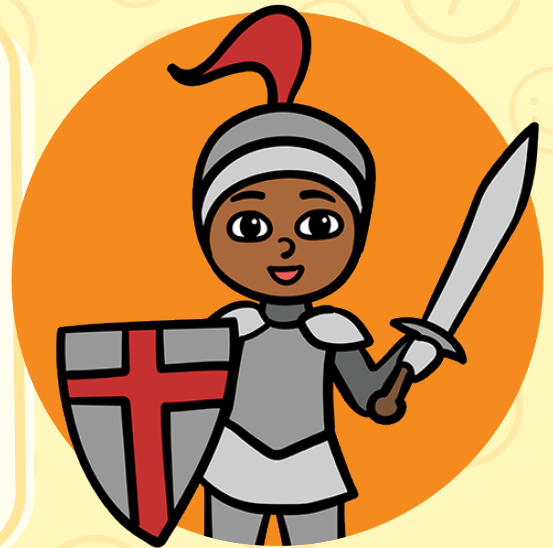




Ways to 'Roll With It' when you feel SCARED

FACE THE FEAR

Your thoughts sometimes tell you that you can't handle your fears. Avoidance and escape are the first things you want to do when you feel scared. Acting opposite to those urges can actually help you overcome your fear by proving those thoughts wrong.



EXERCISE

Moving your body through exercise helps you work through nervous energy. It allows you to let go of the tension in the body and provides a great distraction. Using exercise to empower yourself when feeling scared can help you feel better about facing your fears, too!

POSITIVE SELF TALK

When feeling scared, you may see yourself as small or helpless. By telling yourself positive things, you can build confidence to manage your fear and feel more in control. This can also help you face your fears even when you're not feeling up to the challenge.

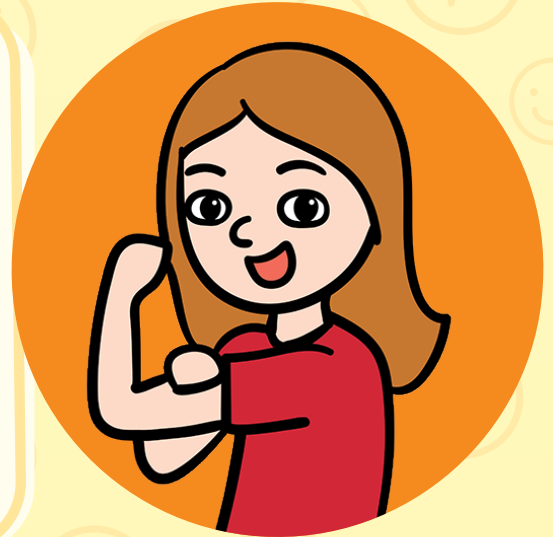




Ways to 'Roll With It' when you feel SCARED

MUSCLE RELAXATION

Feeling afraid impacts your body by tensing your muscles. It also wakes up the 'fight or flight' response. Try tensing and relaxing your muscles one by one. When done mindfully, this exercise can help reduce muscle tension.

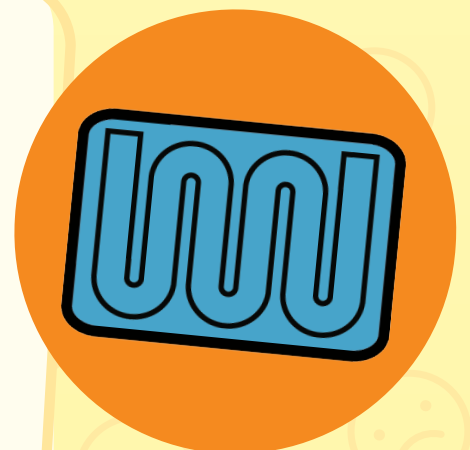


VISUALIZATION

Transporting yourself out of a scary moment can help you get to a place of calm and feel more at peace. Using your imagination, visualize a place where you feel safe. After tapping into that feeling, hold on to it even when you return to the scary moment.

MINDFUL BREATHING

If you have our Roll with It Kit, you can use our Mindful Mat. Inhale when moving the marble down, and breathe out while moving it up. If you don't have the kit, slow down your breathing by taking a deep breath and counting to 5 while you breathe in. Then breathe out slowly while counting to 7, releasing that tension.

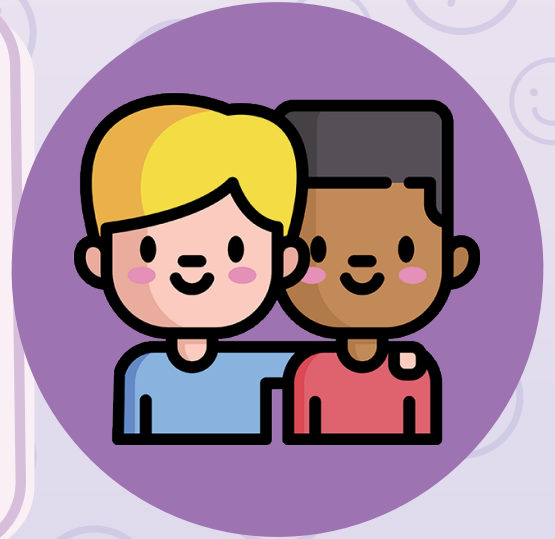




Ways to 'Roll With It' when you feel BORED

CONNECT

Find someone to have a conversation with. Reaching out to friends, family, or neighbors can help you feel less bored. Call someone you haven't spoken to in a while or strike up a chat with someone nearby.



EXPLORE

Go outside and find something interesting to examine in nature. Step outside and notice things you've never observed before, like tree bark patterns or shapes in clouds. Take a walk or sit in your backyard and pay attention to your surroundings.

MOVE

Dance to your favorite song and sing along. Put on music that makes you feel good and let your body move to the beat. Dance, sing loudly, or just sway while listening to boost your mood. Movement is one of the best ways to beat boredom!





Ways to 'Roll With It' when you feel BORED

READ A BOOK

Reading a book can help transport you to different places and can add excitement when feeling bored. Pick up your favorite reads, recommendations from friends, or a bestseller. You can also set the mood by going to the park or beach to read.



PLAY

Play a game with someone or do a puzzle on your own. Games are great for engaging your mind and having fun with others. Try cards, board games, video games, or solo puzzles like crosswords and sudoku.

ARTS & CRAFTS

Coloring, drawing, and playing with clay are ways that can keep you busy when feeling bored. Look for things you have easily available in your home, and find ways to make them into art. This can even be as simple as using construction paper or crayons and paper.

