

# My Tools for Feelings

Talking Tools      Can talking to other people help you fix your feelings?

Mental Tools      Thoughts that dissolve anxious or angry feelings?

Relaxation Tools      What have I learned to do to calm myself?

Doing Tools      What can I do that will help me change unpleasant, disorganized thoughts and feelings into a sense of well being and focus?

Other Tools      Humor, Special Interest, Acting- How can these help?

Tools that don't work      What do you do or think sometimes that makes things worse?

