

# Skills I can use to help myself feel better when I'm feeling sad

First, notice my feeling or emotion and say how I feel.

I feel sad.

Talk to myself with kind and caring words, the way I would treat my best friend.

I hope you feel better soon. Is there anything I can do to cheer you up?

Have a cry.

It could help me feel better afterwards.

Put my hand gently on my heart for a few moments.

Hand on

Practise rainbow breathing or another mindful breathing activity.

breathe