

How Do I deal with Emotional Breakdowns?

1. Stop

2. Take some deep relaxing breaths

3. Think positive thoughts.

I AM AWESOME!

I CAN CALM MYSELF DOWN!

I CAN LET THIS GO!

4. Think about what is REALLY happening?

The world will not stop spinning!

I will be a stronger, wiser person if I can deal with this.

This won't make any difference a year from now.

5. Make a plan

Wait, wait, wait until you feel calm OR

Walk, walk, walk it out until you feel calm OR

When you are calm, talk it out OR

When you are calm, apologize.

6. Follow your plan