



# REMEMBER

 All Emotions ARE Okay!  
CONNECT YOUR MODERN  
& PREHISTORIC BRAIN

**CHANGE**   
unhelpful thoughts  
TO helpful thoughts

 your  
**Thought**  
CAN CHANGE YOUR  
**Feeling**  
CAN CHANGE YOUR  
**Action**

 USE  
Calming  
Tools When  
Feelings Get

 **TOO BIG!**



 Make sure your thinking is  
**Slinky**  **Sticky** 