

# FEELING THERMOMETER



## Feeling Angry

Things I can do:

Check physical sensations: sweaty palms, racing heart, tight chest. Reduce overwhelm, find a quiet space. Use grounding: Name 5 things I see, 4 I touch, 3 I smell, 2 I taste, and 1 I hear.

## Feeling Irritated

Things I can do:

Acknowledge how I'm feeling, decide what I need in this moment, take a break, deep breaths, identify whether my thoughts are based on facts or assumptions, check physical sensation (eg. tension)

## Feeling Low

Things I can do:

Acknowledge how I'm feeling, reach out to a friend, self-care, activities that make me feel good.

## Feeling balanced and positive!

Things I can do:

Enjoy the moment, express gratitude, share joy with others.

# FEELING THERMOMETER



Feeling Angry

Triggers:

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Feeling Irritated

Triggers:

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Feeling Low

Triggers:

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Feeling balanced and positive!

What things make me feel this way?

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