

Managing Emotions: *Ask & Act*

1. **Emotions:** how do you feel? Why? *Use faces & numbers to assess your current emotion(s).*



1



2



3



4



5

Why may I feel this way? _____

2. **Connections:** with whom can you talk? *Why?*

Example: I can talk to Jane because she listens without judgment

Name: _____ Why: _____

Name: _____ Why: _____

3. **Nutrition:** how can you better balance it? *List two actions.*

Example: I can drink one more 8-ounce glass of water today.

Action: _____

Action: _____

4. **Exercise:** how can you better balance it? *List two actions.*

Example: I can take a 10-minute walk after lunch today.

Action: _____

Action: _____

5. **Action(s):** what can you do now? *List one action for today.*

Example: I will write down three things for which I am grateful.

Action: _____

Action: _____