

Developing Mentally Healthier Communities Through Sport

Managing Emotional Moments

Here are some actions you can take when emotions run high:

- Think of five things you're grateful for
- Run cold water on your face
- Listen to your favourite song
- Do something creative
- Say the alphabet backwards
- Count to 100 by 10s
- Get a drink of water
- Push your palms together
- Visualize your favourite place
- Think about what you need
- Rest, nap or take a break
- Write out your feelings
- Find a quiet spot
- Talk to someone you trust
- Run on the spot
- List five things you hear, see and smell
- Get outside
- Do a wall sit for as long as possible
- Do a box breathing exercise
- Try star breathing
- Just stop and observe
- Name your feeling
- Watch something funny
- Take a shower or a bath
- Think about what you can control
- Write a list of your strengths

