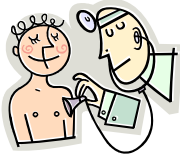


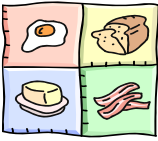
# Be Our Best to Deal with Emotions (Emotion Regulation)



See our doctors when needed



Take our medication



Eating a balanced diet



Avoid mind altering drugs/substances



Balanced sleep



Exercise

1-2-3-4-5-6-7-8-9-10



Learn to breath and count our breathes



Self Soothing Activities

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

