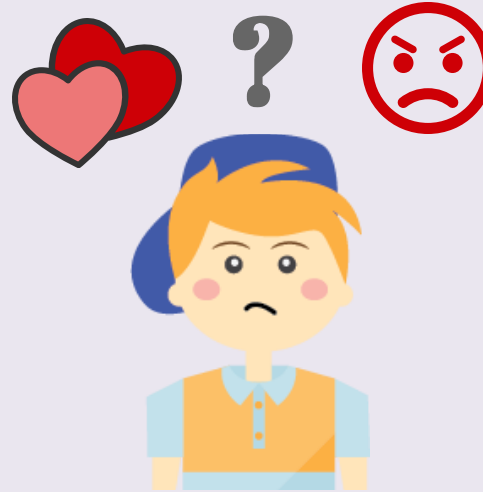


Sometimes I may have feelings like being sad, scared, lonely, mad, or afraid of the person who hurt me.



I may also feel love or anger at the person who hurt me. I may feel confused.



There a lot of ways I can try to feel better.



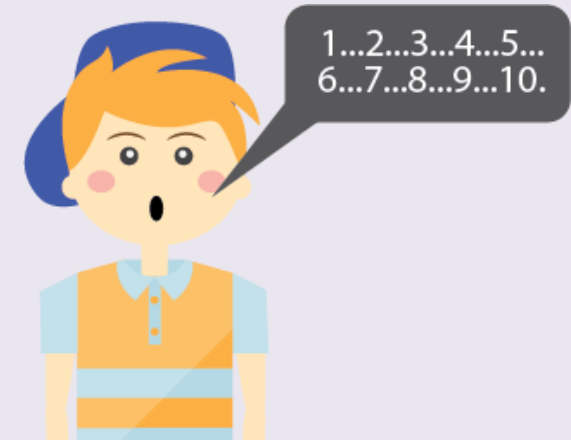
I can listen to music.



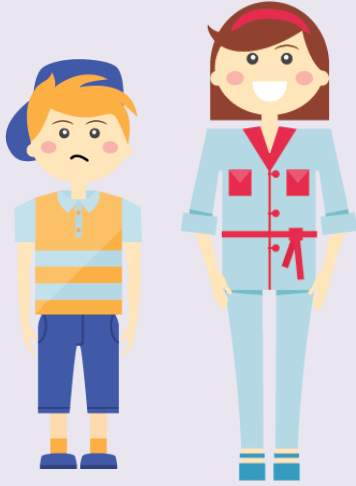
I can exercise by running, jumping or riding a bike.



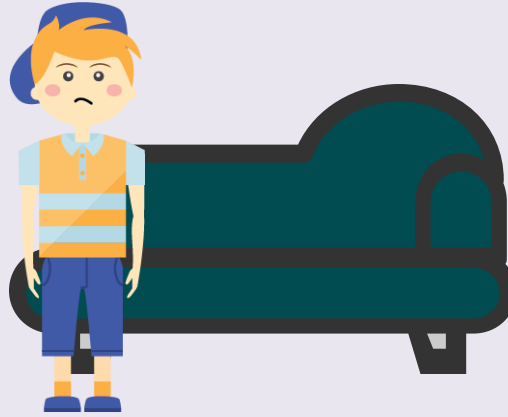
I can slowly count to 10 and take deep breaths.



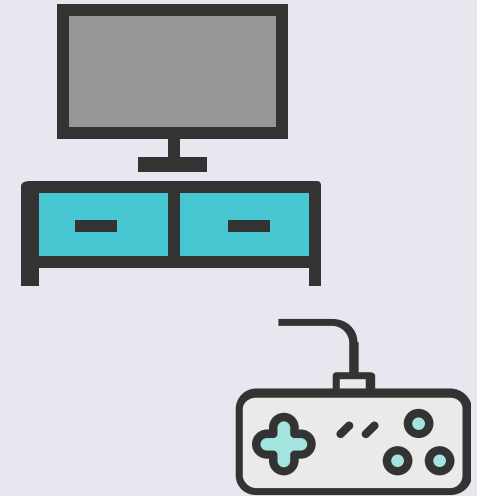
I can talk to a friend, family member or trusted adult.



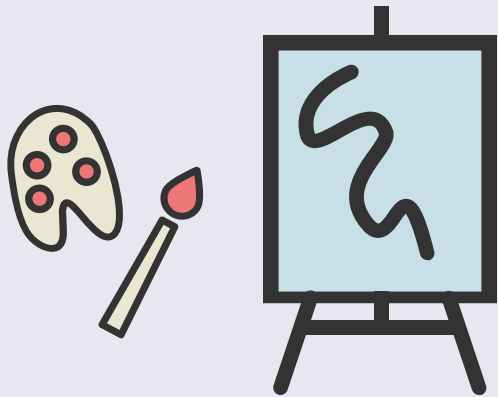
I can take time to be alone.



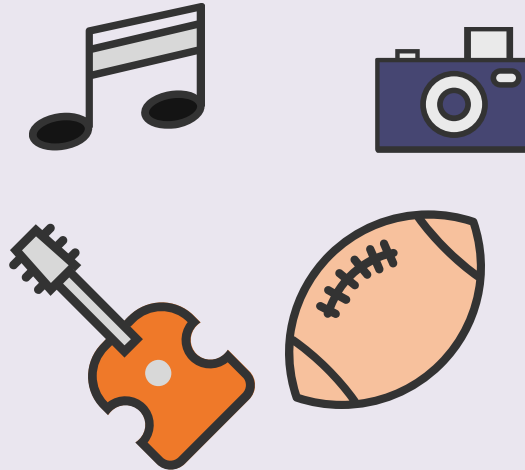
I can watch TV or play a game.



I can make a picture by drawing or painting.



I can take time to do my favorite things.



It may be hard at first, but if I keep trying, I can find ways to help me feel better.

