



I-Statements to Help Me Cope

I can walk away.

*If something is frustrating me, I can stop and try again later.
I can walk away from a frustrating situation.*

I can use humor.

*I can think of something funny when I'm feeling upset.
I can tell a joke as long as it won't hurt anybody.*

I can breathe or count.

*I can breathe in through my nose, out through my mouth.
My stomach should expand, not my chest.
I can imagine I'm smelling soup then blowing on it to cool it down.*

I can exercise.

*I can lift weights, run, jump, dance, walk, practice yoga, or play sports.
Exercise makes the brain release mood-enhancing chemicals.*

I can listen to music or make music.

*Music also makes the brain release mood-enhancing chemicals.
I can listen to songs that make me feel good.
I can learn how to play an instrument or sing.*

I can think of something happy or funny.

*I can take control of my emotions. I won't let them control me.
I can try to see the positive in my life.*

I can surround myself with happy people or pets.

*I can spend time with people who see the good in me.
I can avoid situations that make me feel bad about myself.
I can talk to people who I trust and who care about me.
I can smile at or help other people.*

I can draw, write, scribble, paint, or build something.

I can do these things to express my feelings in a positive way.

I can talk to someone I trust.

*I can find a friend or adult to talk to when I'm feeling overwhelmed.
I can ask for help when I need it.
I can talk to _____ for support.*

I can do these things too: _____