

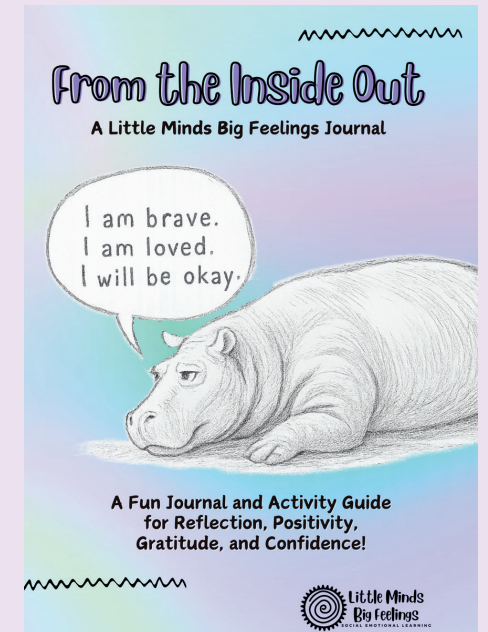
Talk It Out Menu

Pick a strategy to help your mind and body calm down. You can do more than one to help you.

Ask for Help



Write Your Feelings

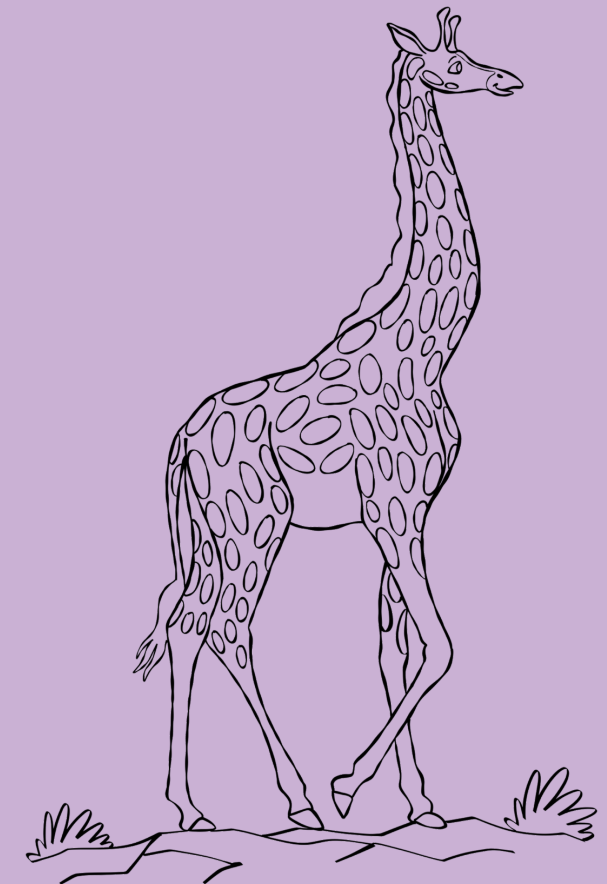


Positive Self-Talk

I am _____.

I can _____.

I will _____.



I-Statements

I feel _____.

When I _____.

I would like _____.