

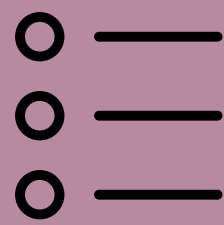
HOW TO FEEL BETTER FAST - BY YOURSELF [FOR KIDS] PART 1

Dr. Isolina Ricci, Ph.D.



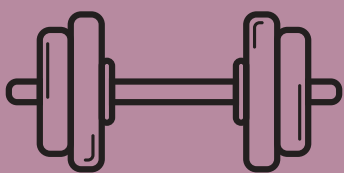
Breathe slowly and deeply three times

Then go back to your regular breathing. This will give your brain the oxygen it needs so you can think better and choose what to do. If this doesn't work right away, wait a few minutes and then breath slowly and deeply again three times.



Make a "feel good" list

Your list might say something like, "petting my cat, playing soccer, being at a friend's house, talking to grandma." Keep this feel good list close by and do one or two of these things to feel better.



Take charge by taking a run or doing something that takes a lot of energy

One of the fastest ways to feel better is to do something that makes your body move.



Do something else

Change the subject of your thoughts. Try reading, playing electronic games or sports, playing and instrument, listening to music, or hanging out with friends. Do whatever works now.

Ricci, I (2006). *Mom's house, dad's house for kids*. Simon & Schuster

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