

# Managing Emotions

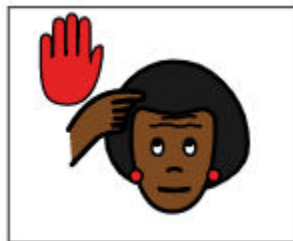
Managing my emotions means I am in control of how I feel and what I do.

## I can manage my emotions!

Take a deep breath



Stop and think about my choices



Ask for help



Tell people how I feel with "I" statements

