

When I feel upset, sad, or unfocused at school I can:

SELF-REGULATION PRINTABLES FOR KIDS



☐ Count to 10 and back in coordination with my breath.



☐ Place my hands over my ears and breathe slowly & deeply, listening to the sound that my breath makes.



☐ Roll my neck and shoulders.



☒ Tell my teacher I would like to help or take on a classroom responsibility.



☐ Rest my head on the desk for a moment or two.



☐ Tell my teacher I need help with the assignment or lesson.



☐ Push my palms together.



☐ Give myself or a stuffed animal a great big hug.



☐ Help a classmate or my teacher.



☐ Cross my arms in front of me and do the arm pretzel.



☒ Ask if I can do my work standing up.



☐ Pretend I am squeezing a lemon in my fist, squeezing as hard as I can to get the lemon juice out. After a few moments, I can relax my hands.



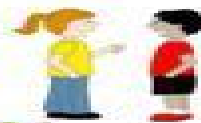
Add my own idea here:

☒ **STRETCH**

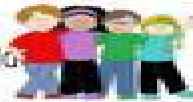
☐ Think about 3 things am grateful for.



☐ Use 'I-statements' to express how I am feeling, what I need, or what I hope for.



☐ Ask to work with a buddy.



☐ Give myself an arm and hand massage.



☒ Devise a secret code word or signal with my teacher that means 'time to get back on track'.



☐ Smile or laugh, even if I have to fake it.



☐ Do an act of kindness.



☒ Eat a healthy snack or let my teacher know I am hungry.



☐ Rub or tap my temples.



☐ Talk with my school counselor.



☐ Ask permission to quietly jog in place for a minute or do 20 jumping jacks.



☐ Go outside during recess and notice the sky, trees & sounds from nature.



Add my own idea here:

☐

50 Distraction Techniques For People With Depression

Joseph Yankura



50 Distraction Techniques For People With Depression:

50 Distraction Techniques for People with Depression Robert Storm, 2014-11-24 WELCOME TO THE FIRST BOOK OF ITS KIND EVER ON DISTRACTION TECHNIQUES FOR PEOPLE WITH DEPRESSION What Are Distraction Techniques Distraction techniques are to be used when you are experiencing something physically or mentally that you no longer want to experience For example maybe you Think bad or unhealthy thoughts Have an addiction to something Have some type of physical pain Fear something or worry too much Suffer from anxiety or panic attacks Worry about the past present or future Are stressed or bullied on a regular basis Are depressed or have depression issues Regardless of what is causing you physical or mental issues at the moment you need to distract yourself This book will give you some much needed relaxation from your current thoughts This first of its kind book on distraction techniques for people with depression will fill your imagination with thoughts like you've never had before So get ready to discover a mystery at a casino hear an argument in the park become a bird meet a 100 year old person discover your house is now missing be an over the road truck driver create a new religion travel anywhere for free design a car create a comic book find a door in the ground decide who should NOT be famous and much more in this book of distraction techniques Frankly even though this book is for people with depression it can very well be used by anyone who wishes to distract themselves from whatever is currently bothering them So go ahead and get a copy today because everyone NEEDS to be distracted at one time or another right Make the right choice and pick up a copy of the book right now so you can start distracting yourself from whatever is bothering you **The Road Ahead** Alex

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through case examples illustrating how practitioners can help their clients overcome common psychological problems by using REBT Topics include generalized anxiety disorder depression ADHD panic disorder anger and hostility and obsessive compulsive disorder Contributions by Albert Ellis Windy Dryden Ray DiGiuseppe Joe Yankura and others **All Out!** Albert Ellis, Debbie Joffe Ellis, 2010 Luckily for all of us Ellis was far from ordinary **Managing Your Mind** Gillian Butler, Tony Hope, 1997 Integrating techniques of management with those of psychology mixing feeling with action and work with play this book is both an invitation to enjoy life to its fullest and a guide for achieving such enjoyment Butler and Hope present practical ways of improving relationships mood health and work while at the same time showing ways to build self confidence overcome anxiety and depression and more 9 illustrations The Journal of Alternative and Complementary Medicine , 2007

Textbook of Paediatric Emergency Medicine - E-Book Peter Cameron, Gary J. Browne, Biswadev Mitra, Stuart Dalziel, Simon Craig, 2023-04-04 This leading text is essential reading for all those working in the paediatric emergency medicine setting who require concise highly practical guidance that incorporates the latest best practice and evidence based guidelines The Textbook of Paediatric Emergency Medicine provides clear concise and comprehensive information to support clinicians in what can be a challenging area to provide care It not only covers diagnosis and management of all common presentations but it also includes practical tips on communicating with both patients and their families As a companion book to Cameron s Textbook of Adult Emergency Medicine this volume is specifically tailored to the educational needs of emergency medicine trainees but is also expected to benefit others working in the emergency setting including paramedics and emergency nurse specialists Concise chapters and key point boxes allow for the quick and easy retrieval of information Comprehensive coverage of all major topics that present within paediatric emergency care Practical tips on communicating with patients and their families All key topics updated to include latest available evidence New section on COVID 19 and Infection control Expanded and enhanced coverage of the use of ultrasound in emergency care An enhanced eBook version is included with purchase The eBook allows you to access all the text figures and references with the ability to search customise your content make notes and highlights and have content read aloud Heart Therapy Anita Maximin, Lori Stevic-Rust, Lori White Kenyon, 1998 This book offers strategies for living with and controlling heart disease It explains medical procedures associated with coronary events and it offers practical suggestions for coping with anxiety and making necessary personal and family adjustments immediately after a heart attack Learn how to establish healthy diet and exercise habits Deal with nontraditional risk factors through techniques for managing stress and for dealing with anger depression and other harmful emotions The book also discusses the special issues related to heart disease in women

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