

## **Changing the Channel on Feelings**

We control our feelings; our feelings don't control us. We don't let big feelings take over. We take charge of how we feel by Changing the Channel on our unproductive thoughts and only paying attention to our better thoughts.



Understand the emotion you're feeling.



Give yourself time to feel better before you act.



Use your best calming strategy.



Change the Channel by thinking about something new or positive.

Everyday 🕟 Speech