

# Getting Upset and Feeling Out of Control

## Stress Alert:

- Getting upset
- Feeling overwhelmed and out of control
- Can't think straight

## Fight:

- Disrespectful language
- Bullying
- Harrassment
- Physical harm

## Self-Regulation:

- Deep breathing
- Attention to thoughts, feelings, and physical reactions
- Multi-sensory self-soothing coping skills

## Flight:

- Taking off
- Possible physical harm

## Freeze:

- Can't speak up
- Give in
- Shut down

## Effective Coping Skills:

- Respectful communication and connection with others
- Enjoyable and healthy activities
- Exercise and body movement
- Expression through art, drama, dance, and music
- Rest and relaxation
- Reflection and meditation