**10 Easy Things You Can Do to Manage Emotions and Feel Your Best**

1. **Eat something good, exercise, stretch. Making cookies is fun too, just be sure to balance it with some healthy stuff too!**
2. **Make a schedule but don’t “freak out” if everything doesn’t go as planned. As Dory says, “Just keep swimming.”**
3. **Do one thing each day that makes you happy! Virtual lunch with friends anyone?!**
4. **Make it more positive! Think about what you can do in the moment to create a more positive emotional experience and do it! Being stuck at home stinks; but doing a creative project or calling a friend makes it better!**
5. **If your emotions start to feel super strong, try distracting yourself. Play a little Candy Crush, read a book or color for a bit until the emotion isn’t so intense.**
6. **Talk about how you’re feeling with someone or write your feelings in a journal. You may be surprised at how many other people experience the same things.**
7. **Make a plan for frustrating times. If you know certain things upset you, decide ahead of time how you will deal with it. Maybe your big brother is too loud sometimes? Come up with a signal to show him you need the volume turned down. There are lots of ways to plan ahead for frustrations.**
8. **Practice gratitude! Make it a habit to think of three things you are grateful for in the morning and three good things that happened that day at night. Even when things seem grim, it’s possible! If three is too many, just try one!**
9. **LAUGH!!! Memes, silly videos, funny shows or corny puns…just laugh…and share it with someone else!!**
10. **If there is something you don’t understand; school work, technology, why the sky is blue…just ask someone. There’s never a dumb question.**