



## **TRAUMA-FOCUSED COGNITIVE-BEHAVIORAL THERAPY**

### **Affective Modulation: 25 Ways to Feel Better Right Now**

1. Stop whatever you are doing, close your eyes, and take 10 slow, deep breaths.
2. Visualize your “safe place.”
3. Go to a quiet room and read a good book.
4. Meditate or focus on your special relaxation phrase.
5. Listen to your favorite music.
6. Sing out loud.
7. Dance.
8. Play.
9. Listen to, watch, or read something funny.
10. Go outside and take a walk in a safe area.
11. Run in place for 5 minutes.
12. Call a friend.
13. Talk to a caregiver or other adult who understands and listens.
14. Write in your journal.
15. Volunteer.
16. Tell yourself that things will get better.
17. Take a warm bath.
18. Make something with your hands—knit, sew, crochet, woodwork, etc.
19. Tell yourself five good things about yourself.
20. Draw, color or paint.
21. Talk about your feelings with someone you trust.
22. Tell someone you love him or her.
23. Play with your pet.
24. Do something to help someone else.
25. What else helps you feel better?