If you’re experiencing intense feelings like fear, sadness, or anger, try these strategies! Find an area in your home where you can practice comfortably without too many distractions.

**LISTEN TO YOUR BODY! IF SOMETHING DOESN’T FEEL GOOD, TRY A DIFFERENT STRATEGY.**

### Intense Exercise
When intense feelings become overwhelming, try taking a few seconds to get active. Small 30 second bursts of intense exercise can help reduce intense feelings.

Click the stopwatch for an example of intense exercise

### Calming Breath
Breathing is one of the simplest ways to calm ourselves down, but most of us don’t actually know how we can use our breath in stressful moments.

Click the emoji to follow a calming breath exercise

### Progressive Muscle Relaxation
We might experience intense feelings physically, like with tension in our neck or shoulders. Using this strategy can help reduce that physical tension.

Click the fist to follow a progressive muscle relaxation video

### Temperature Shift
Use short exposure to hot or cold temperatures like standing in the rain or a warm bath to help regulate your emotions. The same way our minds can affect our bodies, by changing physical sensations in our bodies, we can positively affect our minds!

### Boosting Your Wellness
You can boost your well-being and prepare for moments of intense emotions. You don’t have to be in distress to try these out, you can practice them at any time!

### Yoga Nidra
This isn’t your average yoga exercise— it’s actually used to help you fall asleep! The audio keeps your mind busy enough to reduce distracting thoughts.

Click the icons for different audios you can use when you’re trying to fall asleep

### Coming to Your Senses
Using your senses is a great way to keep yourself in the present moment. Focus on the sounds or smells around you or how your clothes feel on your body.

Click the emojis for short videos that will guide you through each sense

### Practice Gratitude
You might be feeling sad about things like not seeing friends or spending the next semester online—and you have every right to feel that way. Practicing gratitude helps us recognize what we have without denying that our difficulties exist.

#### Three Good Things
No matter how tough things get, there are always moments, small or big, that we can appreciate. The Three Good Things activity can help increase positivity by making us more aware about the good things we have.

- Take 30 seconds right now to think about three good things that happened to you today.
- They can be big or small, like FaceTiming a friend or eating your favourite meal. Write them down and try to do this a few times a week!

### Extra Tips!
Find new ways to keep yourself moving during the day.

Try a free workout with NTC or use STRAVA for biking or running challenges with friends.

Find fun ways to connect online through websites or apps.

Try using houseparty to videocall and play games with friends or Netflix party to watch movies together.

Take time to do something for others.

Bake something for a friend and leave it on their doorstep or donate to important causes and organizations.

Find fun ways to connect online through websites or apps.