

Feeling Upset

Social Story



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When I feel upset or overwhelmed, I can feel my heart racing and my body feeling tense.

I can take a deep breath and count to 5 to help me calm down.



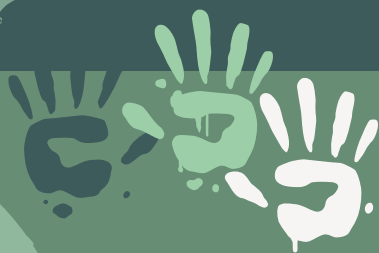
I can tell myself "It's okay to feel upset, but I need to stay calm."



I can take a break from the situation if I need to.



I can go to a quiet place or use my calming tools, like squeezing a stress ball or listening to music.



I can think of happy thoughts or things that make me feel good.

After I feel calmer, I can try to solve the problem or talk to someone about how I feel.



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