A PRACTICAL WORKBOOK FOR TEENS

Big Feelings, Real Tools

Notice your emotions. Find what helps. Take one step at a time.

Some feelings show up quietly. Others arrive all at once. There is no wrong emotion to have. The goal is to notice what is happening and choose a response that supports you.

CHECK IN WITH YOURSELF

Name it: frustrated, nervous, sad, excited, lonely, angry, or something else. Rate the intensity from 0 (very calm) to 10 (very intense). You can feel more than one thing at once.

Right now I feel... and my feeling intensity is (0–10):

I notice this feeling in my body when...

Feelings are information, not instructions.

SPOT THE SIGNALS

Know Your Early Signs

Noticing small clues can help before emotions get bigger.

COMMON SIGNALS

Body: tense shoulders, fast heartbeat, upset stomach. Thoughts: “I cannot do this,” or “Nobody gets it.” Actions: withdrawing, snapping, pacing, or wanting to cry.

A situation that tends to bring up big feelings for me:

My first body or thought clues are:

TRY A PAUSE

Ask: What happened? What am I feeling? What do I need right now? You do not have to solve everything immediately.

Catching the first signal is a skill you can practice.

BUILD YOUR COPING MENU

Tools You Can Try

Different situations call for different kinds of support.

GROUND YOURSELF

Look for 5 things you see, 4 you feel, 3 you hear, 2 you smell, and 1 you taste. Skip any sense that does not feel comfortable.

MOVE OR RESET

Stretch, take a short walk, drink water, doodle, listen to a comforting song, or step away from a stressful conversation when safe.

CONNECT

Text a trusted person, ask for a check-in, or say: “I am having a hard moment. Can you sit with me?”

Two tools I want to try this week:

If a tool does not help, try another. That is okay.

YOUR PERSONAL SUPPORT PLAN

My Big Feelings Plan

Fill this in when you feel steady so it is ready when you need it.

When I notice my early warning signs, I can:

A coping tool that usually helps me is:

A trusted adult or support person I can reach out to:

One thing I want them to know about supporting me:

YOU DESERVE SUPPORT

Therapeutic Empowerment & Wellness (TEW) provides mental health services via telehealth across Maryland. Visit therapeuticempowerwellness.com to learn more.

For education only; not a substitute for individual care. If you might hurt yourself or someone else, tell a trusted adult immediately. In the U.S., call or text 988 for crisis support; call 911 for immediate danger.