

Get Out of the Danger Zone

Understanding emotions

It is normal and healthy to feel different emotions as things happen throughout your day. All of your emotions, even uncomfortable ones, serve a purpose and help you interact with the world around you. Feeling emotions is normal, but emotions can become unhelpful when they start to feel overwhelming or hard to control. In moments like these, you might be entering your danger zone.

What is the danger zone?

Any time your emotions become so intense that they feel overwhelming or make it hard to make healthy decisions, you have entered your danger zone. Entering your danger zone doesn't mean you are crazy; it is just your body telling you that something needs to change. Some stuff to remember:

- Everyone experiences their emotions differently. What makes one person enter their danger zone may not make someone else. **That is ok!**
- How much you can handle before entering your danger zone can be different from day to day depending on what is happening in your life. **That is normal!**
- Stigma, shame, and other thoughts might make it feel like we can't talk about our feelings, but reaching out can help get you out of the danger zone and keep you safe. **Seeking support is not weakness!**



Coping skills- your ticket out of the danger zone

Coping skills are things you can do that help you gain control of your emotions and leave the danger zone. There are many different types of coping skills, and not every skill will work for you every time. That is why you should practice, try new skills, and build a list of things that work for you. Try talking with friend or family for ideas! Some examples of coping skills are:

