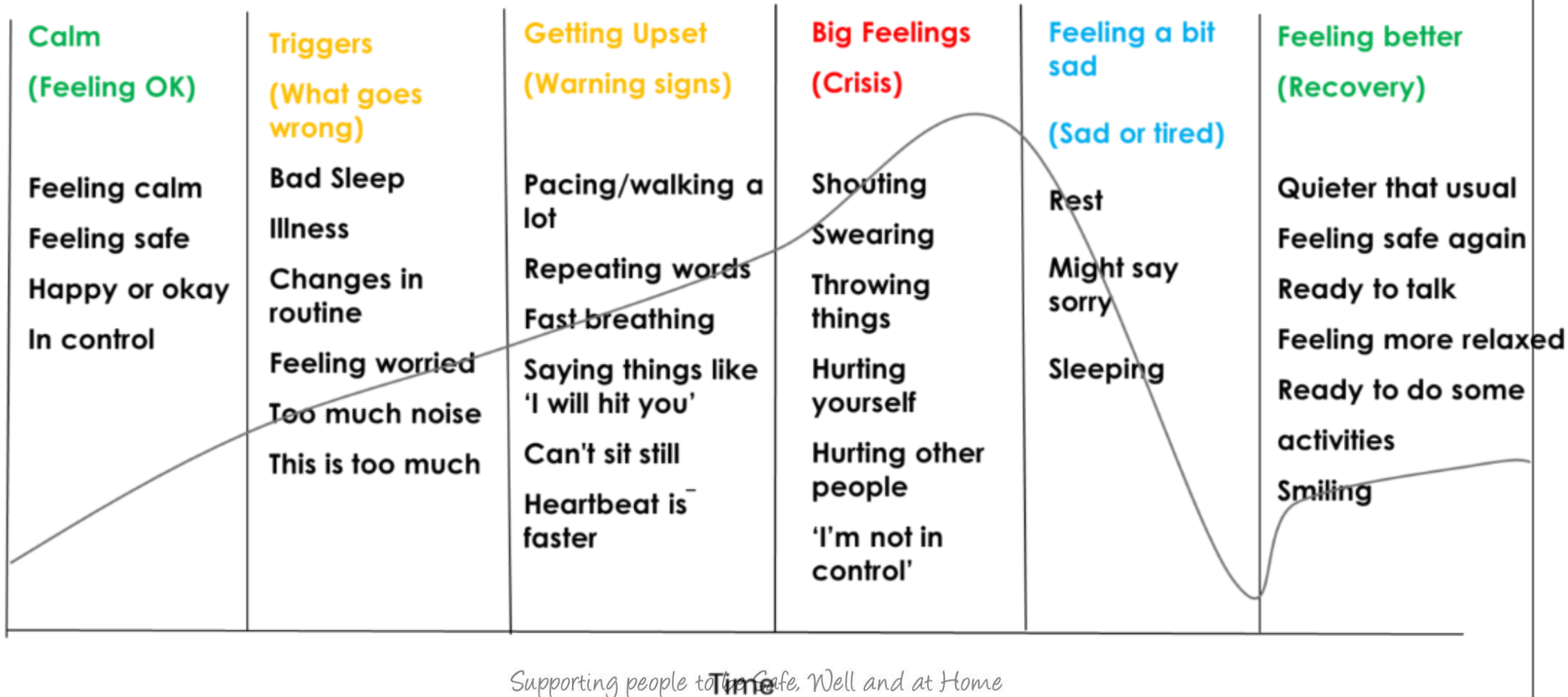


How feelings grow and calm down again



Supporting people to be Safe, Well and at Home

How feelings grow and calm down again

Feelings

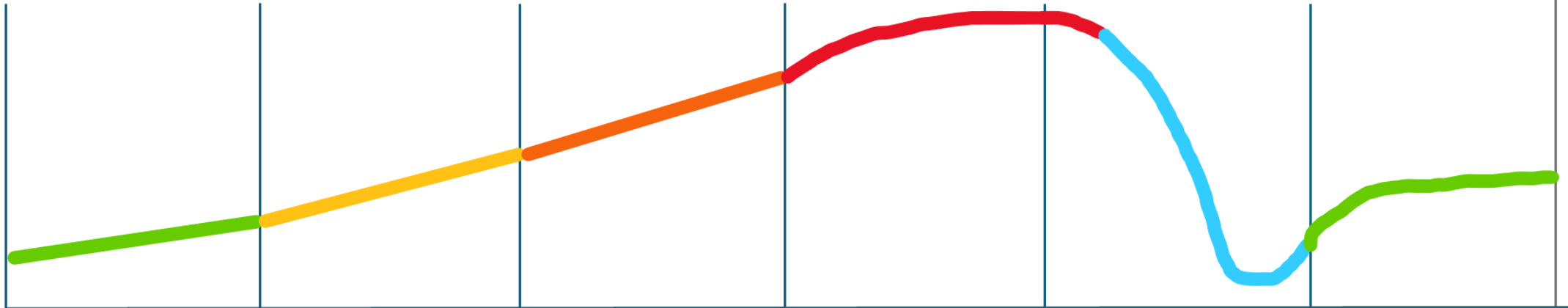


Time

Supporting people to be Safe, Well and at Home

What Happens When Someone Gets Upset

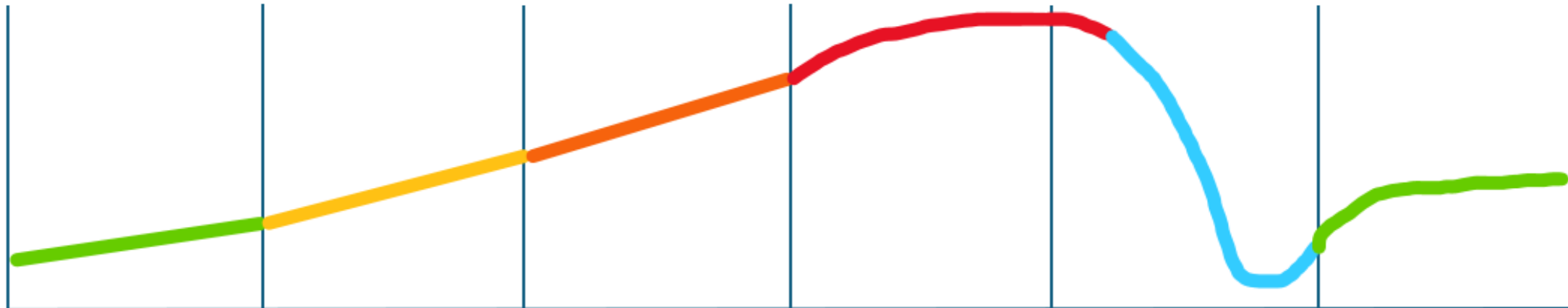
FEELINGS



Calm "I feel okay now"	Triggers "Something feels wrong"	Getting Upset "I'm angry or worried"	Crisis "I can't cope now"	Feeling a bit sad	Feeling better
<ul style="list-style-type: none"> • Feeling Calm • Feeling Safe • Happy & Okay 	<ul style="list-style-type: none"> • Bad Sleep • Illness • Changes in routine • Worry • Too much noise 	<ul style="list-style-type: none"> • Repeating words • Fast breathing • Saying things like 'I will hit you' • Can't sit still • Faster heartbeat 	<ul style="list-style-type: none"> • Shouting • Swearing • Throwing things • Hurting yourself • Hurting other people • 'I'm not in control' 	<ul style="list-style-type: none"> • Rest • Might say sorry • Sleeping • Be kind to myself • Do something nice 	<ul style="list-style-type: none"> • Rest • Might get a drink • Might talk • Might spend some time alone • Think about what happened • Might make a plan

What helps

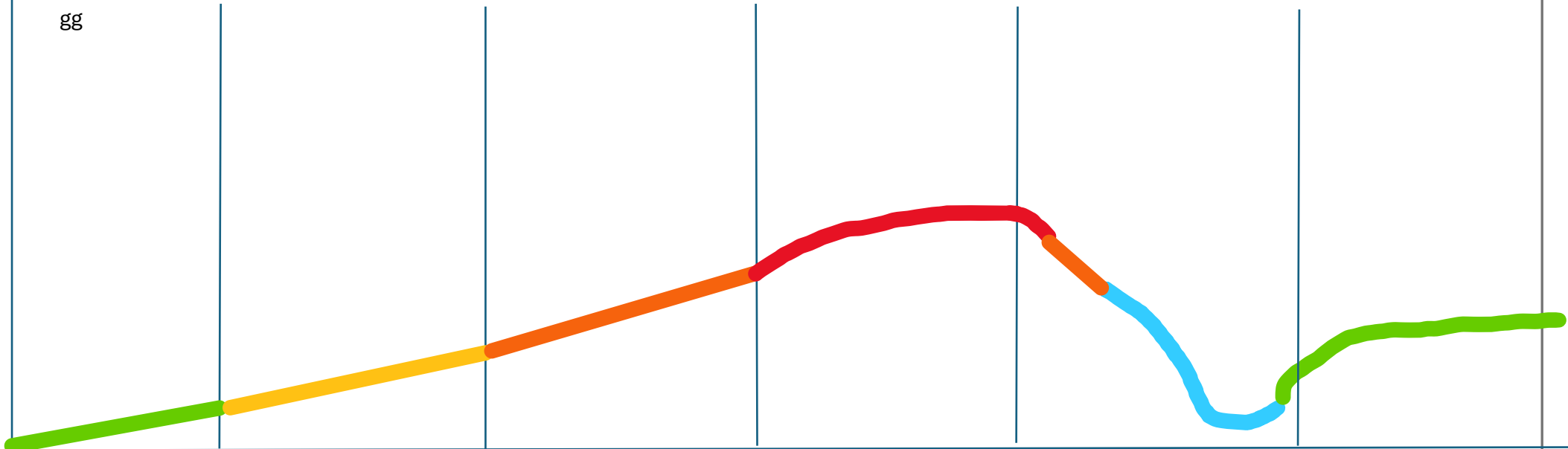
FEELINGS



Calm "I feel okay now"	Triggers "Something feels wrong"	Getting Upset "I'm angry or worried"	Crisis "I can't cope now"	Feeling a bit sad	Feeling better
<ul style="list-style-type: none"> • Having Fun • Making things • Talking to people 	<ul style="list-style-type: none"> • Know what my triggers are! • Do things to make triggers easier: • Wear headphones • Being in a quite space 	<ul style="list-style-type: none"> • Talk to someone • Walk away • Get Headphone • Music • Breathe • Stretch • Think it can feel better again 	<ul style="list-style-type: none"> • Try to stay safe • Be kind to yourself • Try and walk away • Other people to leave me alone 	<ul style="list-style-type: none"> • Rest • Sleeping • Ke kind to myself • Do somehting nice 	<ul style="list-style-type: none"> • Rest • Might say sorry • Might talk • Might have some time alone • Might get a hug • Might make a plan

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Calm
"I feel okay now"

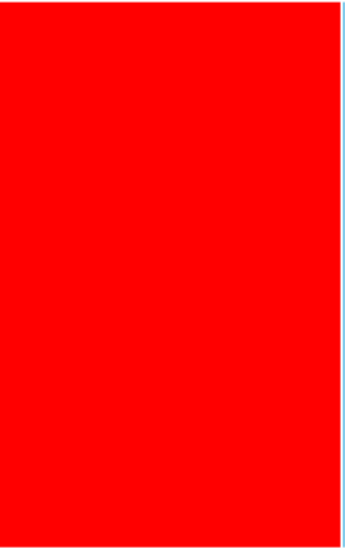
Triggers
"Something feels wrong"

Getting Upset
"I'm angry or worried"

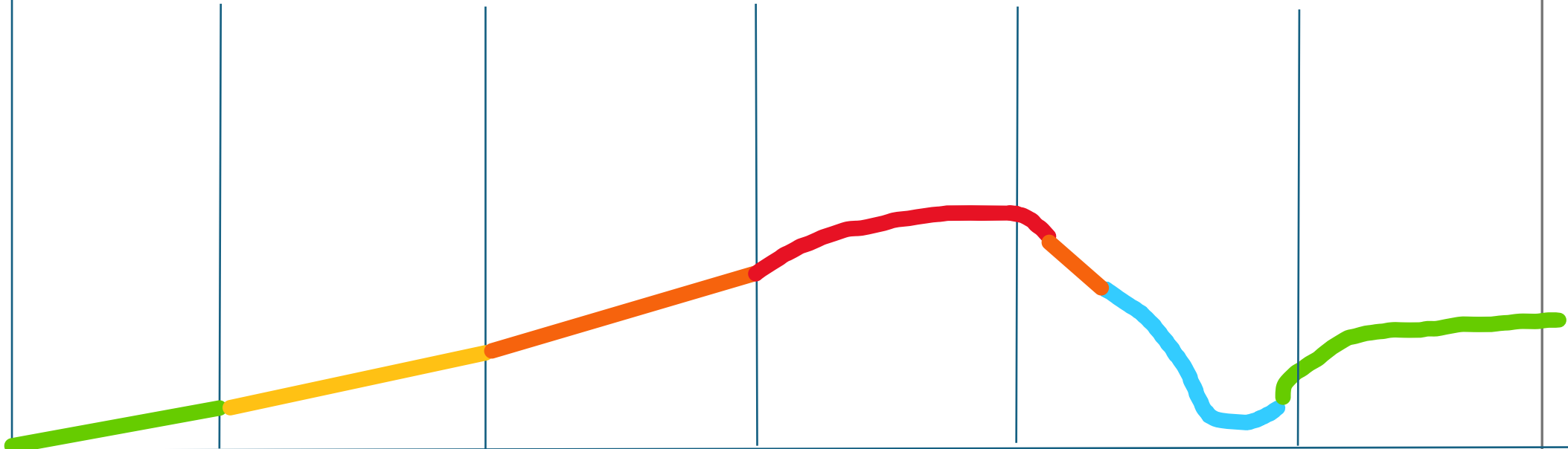
Crisis
"I can't cope now"

Feeling a bit sad

Feeling better



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Calm "I feel okay now"	Triggers "Something feels wrong"	Getting Upset "I'm angry or worried"	Crisis "I can't cope now"	Feeling a bit sad	Feeling better

Supporting people to be Safe, Well and at Home

Livewell Southwest is a trading name of Plymouth Community Healthcare CIC. Company Registration Number 07584107. Registered in England and Wales. Registered Office Local Care Centre, 200 Mount Gould Road, Plymouth. PL4 7PY. This easy read document was produced by Livewell Southwest Community Learning Disabilities Team in 2025 by Leanne Eastman Lead Positive Behaviour Support Dept, Behaviour Advisor, Dr Joanne Porter, Psychology Dept, and Tracy Brooks, Speech and Language Dept.