



What Your Body Feels – What You Can Do



GRIEF & ANGER



YOU ARE NOT ALONE

What Happens to Your Body?

Grief: Heavy Chest Tired Body Trouble Sleeping

Anger: Fast Heartbeat Tight Muscles Hot Face

WHY IT MATTERS!

- Stress can make you sick
- Hard on your heart and mind
- Paramedics see this every day

WHAT HELPS?

- Breathe Slow
- Drink Water
- Move your body (Walk/Stretch)
- Talk to someone (Staff, Paramedic, Friend)

Grief & Anger: Interactive Activities

Stress Ball Smash

- Grab a stress ball or rolled-up socks.
- Squeeze hard for 10 seconds, then release.
- Talk about how holding on feels vs. letting go.



Breathing Challenge

- Try Box Breathing: Inhale 4 sec, Hold 4 sec, Exhale 4 sec, Hold 4 sec.
- Repeat a few times.
 - See who can stay calm the longest!

Anger Energy Burn

- Do chair exercises or walk in place for 1 minute.
- Moving helps release stress chemicals.
- Feel the difference after moving!

