

Connect

Apologize

Was there a conflict?
Were feelings hurt?



©2021, SOAR® Learning, Inc. • www.SELskills.com

Connect

“Fix It”

Is there a way to
“repair” the situation?



©2021, SOAR® Learning, Inc. • www.SELskills.com

Connect

Pay It Forward

Is there something
to be learned?



©2021, SOAR® Learning, Inc. • www.SELskills.com

Connect

Help Someone

How can I invest my
concern/conviction?



©2021, SOAR® Learning, Inc. • www.SELskills.com

Connect

Seek an Expert/Mentor

Who can I learn from?



©2021, SOAR® Learning, Inc. • www.SELskills.com

Connect

Build a Tribe

Do others need to
connect about
this too?



©2021, SOAR® Learning, Inc. • www.SELskills.com

Connect

Ask for Help

Can someone else
help me with
this problem?



©2021, SOAR® Learning, Inc. • www.SELskills.com

Physiology

Care for Self

How can I improve my
health to help with
this situation?



©2021, SOAR® Learning, Inc. • www.SELskills.com

Do/Create

Do Your BEST Work

What could I do better
or improve on?



©2021, SOAR® Learning, Inc. • www.SELskills.com

Do/Create

Commit

A new routine, project, mission, or mindset.



©2021, SOAR® Learning, Inc. • www.SELskills.com

Do/Create

Learn

What can I learn to improve the situation?



©2021, SOAR® Learning, Inc. • www.SELskills.com

Do/Create

Create Something
Bake, design, write, build, grow



©2021, SOAR® Learning, Inc. • www.SELskills.com

Do/Create

Rearrange or Organize
Are there better ways to handle this?



©2021, SOAR® Learning, Inc. • www.SELskills.com

Mindset

Follow It Back to the Cave
What are my emotions trying to tell me?



©2021, SOAR® Learning, Inc. • www.SELskills.com

Mindset

Pray
How can I get help from my higher power?



©2021, SOAR® Learning, Inc. • www.SELskills.com

Mindset

Meditate/ Be Mindful
How will a clear mindset help me?



©2021, SOAR® Learning, Inc. • www.SELskills.com

Mindset

Choose Your Attitude
How do I want to BE around this situation?



©2021, SOAR® Learning, Inc. • www.SELskills.com

Mindset

Express Gratitude
What should I be grateful for?



©2021, SOAR® Learning, Inc. • www.SELskills.com

Mindset

Clarity

Determine what you can change and what you cannot change.



©2021, SOAR® Learning, Inc. • www.SELskills.com

Mindset

Let It Go

“Is it best to let go of this issue?”

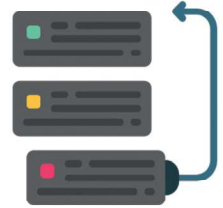


©2021, SOAR® Learning, Inc. • www.SELskills.com

Mindset

Reevaluate Priorities

“What is most important right now?”



©2021, SOAR® Learning, Inc. • www.SELskills.com

©2021, SOAR® Learning, Inc. • www.SELskills.com

©2021, SOAR® Learning, Inc. • www.SELskills.com

©2021, SOAR® Learning, Inc. • www.SELskills.com

©2021, SOAR® Learning, Inc. • www.SELskills.com

©2021, SOAR® Learning, Inc. • www.SELskills.com

©2021, SOAR® Learning, Inc. • www.SELskills.com

Physiology

Cry

Let it all out!



©2021, SOAR® Learning, Inc. • www.SELskills.com

Physiology

Laugh

Watch something funny.



©2021, SOAR® Learning, Inc. • www.SELskills.com

Physiology

Breathe

Pause and take several deep breaths.

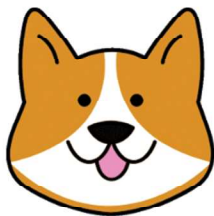


©2021, SOAR® Learning, Inc. • www.SELskills.com

Connect

Bond

with an animal.



©2021, SOAR® Learning, Inc. • www.SELskills.com

Connect

Talk

Chat with someone you trust.



©2021, SOAR® Learning, Inc. • www.SELskills.com

Mindset

Gratitude

Think about/write down FIVE things you are thankful for.



©2021, SOAR® Learning, Inc. • www.SELskills.com

Mindset

Choose Your Attitude

Will it build you up or hold you back?

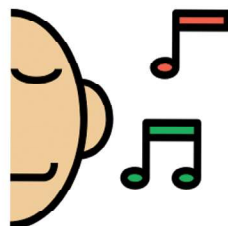


©2021, SOAR® Learning, Inc. • www.SELskills.com

Do/Create

Listen

Get lost in a song.



©2021, SOAR® Learning, Inc. • www.SELskills.com

Do/Create

Read

Get lost in a book.



©2021, SOAR® Learning, Inc. • www.SELskills.com

Mindset

Mindful

Take a few minutes to practice mindfulness. If it helps, download a mindfulness app.



©2021, SOAR® Learning, Inc. • www.SELskills.com

Do/Create

Write

a letter, a song, or in a journal.



©2021, SOAR® Learning, Inc. • www.SELskills.com

Do/Create

Step Back

Walk away. Take a break from the situation.

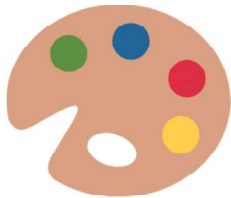


©2021, SOAR® Learning, Inc. • www.SELskills.com

Do/Create

Create

**something beautiful out of your pain.
Art * Music * More?**



©2021, SOAR® Learning, Inc. • www.SELskills.com

Physiology

Strike a Pose

Do some yoga.

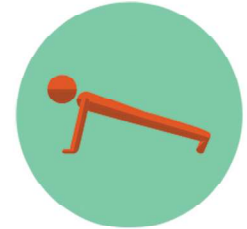


©2021, SOAR® Learning, Inc. • www.SELskills.com

Physiology

Pump

Do some push-ups.



©2021, SOAR® Learning, Inc. • www.SELskills.com

Physiology

Take a Nap

Zzzzzzzzz...



©2021, SOAR® Learning, Inc. • www.SELskills.com

Connect

Do something kind

for someone else.

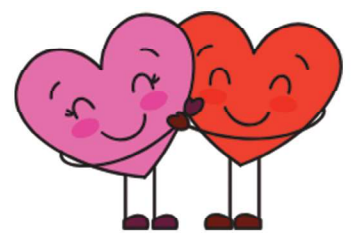


©2021, SOAR® Learning, Inc. • www.SELskills.com

Connect

Hug

**a loved one, a friend,
a pet, a stuffed animal.**



©2021, SOAR® Learning, Inc. • www.SELskills.com

Mindset

Pray

**Do you connect with
a higher power?**



©2021, SOAR® Learning, Inc. • www.SELskills.com

Do/Create

Play

**a game. with a pet.
a sport. with a child.**



©2021, SOAR® Learning, Inc. • www.SELskills.com

Do/Create

Draw

**a picture or
simply doodle.**



©2021, SOAR® Learning, Inc. • www.SELskills.com

Do/Create

Color

**a picture or
a piece of art.**

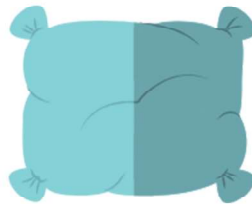


©2021, SOAR® Learning, Inc. • www.SELskills.com

Physiology

Punch a Pillow

**or punching bag or
something that won't
hurt you or others.**



©2021, SOAR® Learning, Inc. • www.SELskills.com

Physiology

Walk

**Go for a walk around
the room or
around the block.**



©2021, SOAR® Learning, Inc. • www.SELskills.com

Physiology

Hydrate

**Refresh yourself with
a glass of water.**



©2021, SOAR® Learning, Inc. • www.SELskills.com

Connect

Visit

**a friend, a neighbor,
or a senior center.**



©2021, SOAR® Learning, Inc. • www.SELskills.com

Physiology

Jump

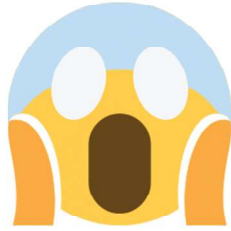
**Do some
jumping jacks.**



©2021, SOAR® Learning, Inc. • www.SELskills.com

Physiology

Scream
into a pillow.



©2021, SOAR® Learning, Inc. • www.SELskills.com

Do/Create

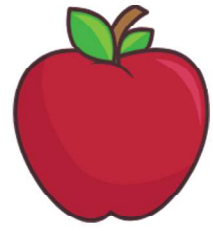
Music
Play an instrument.
Write/sing a song.



©2021, SOAR® Learning, Inc. • www.SELskills.com

Physiology

Eat
a healthy snack.



©2021, SOAR® Learning, Inc. • www.SELskills.com

©2021, SOAR® Learning, Inc. • www.SELskills.com

©2021, SOAR® Learning, Inc. • www.SELskills.com

©2021, SOAR® Learning, Inc. • www.SELskills.com

©2021, SOAR® Learning, Inc. • www.SELskills.com

©2021, SOAR® Learning, Inc. • www.SELskills.com

©2021, SOAR® Learning, Inc. • www.SELskills.com