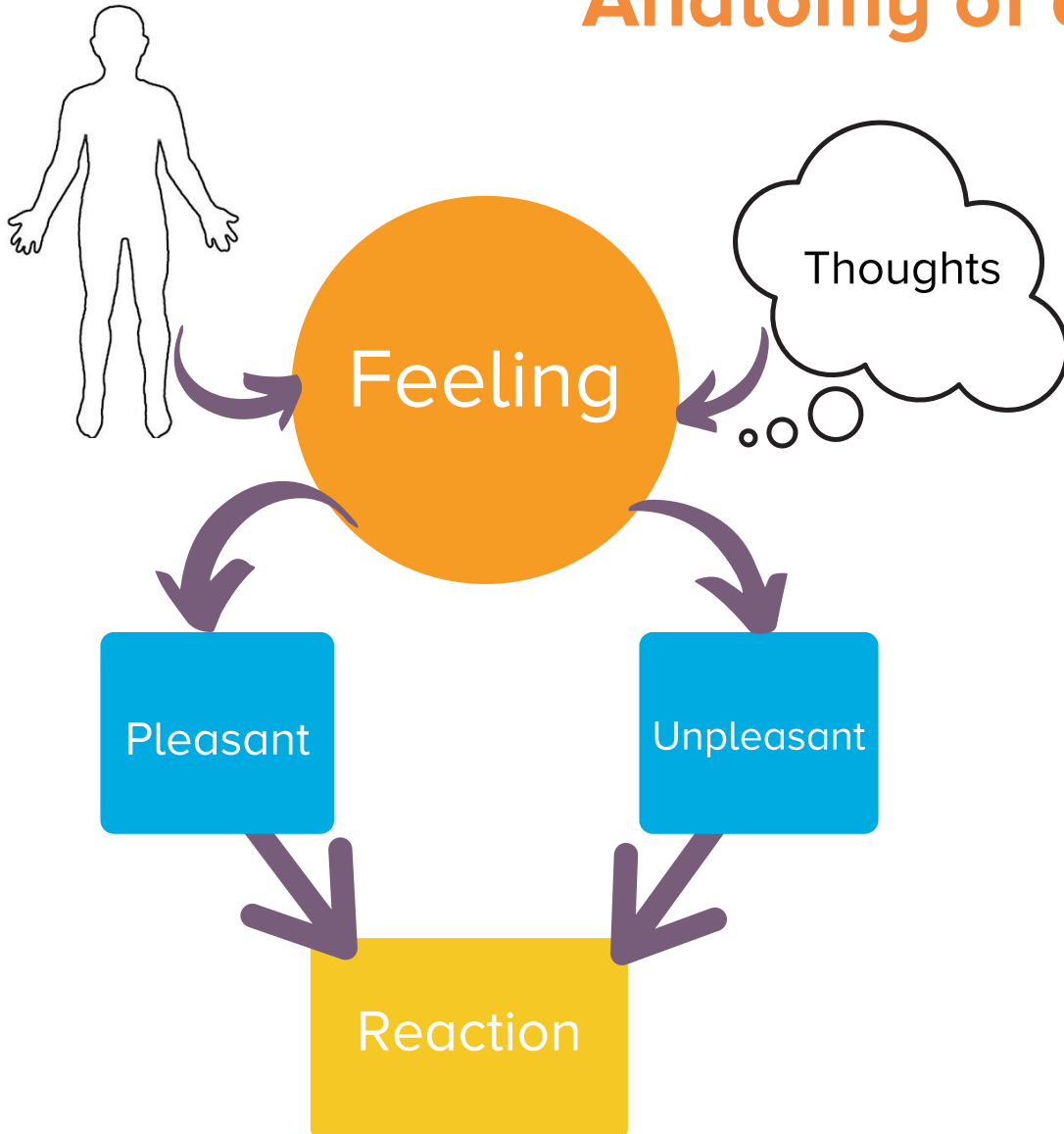


# Anatomy of a feeling



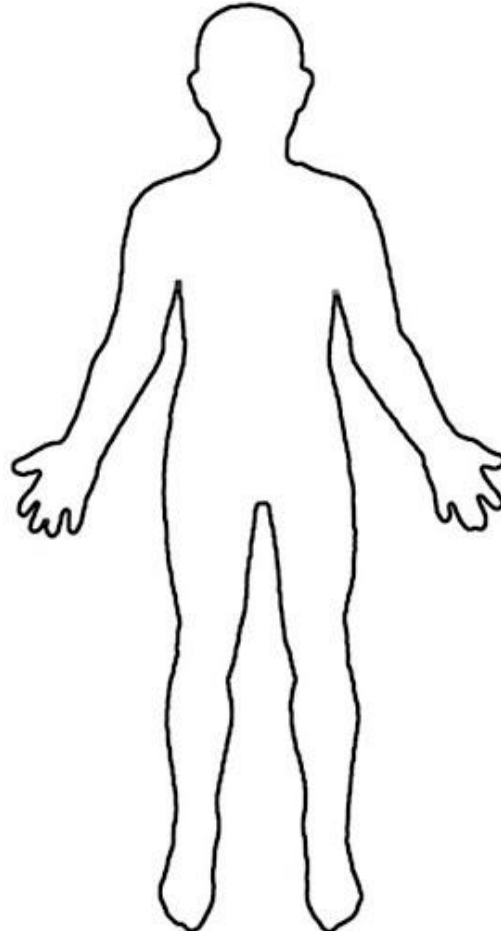
Why do we feel?

Should we try to avoid uncomfortable feelings?

What are some of the ways that we can manage unpleasant feelings?

# Body mapping

Label where you feel these emotions



# Top tips for managing feelings

**Be a feeling detective** – be curious about what you are feeling and why you might be feeling this way. Once you understand your feelings, they can be easier to manage.

**Talk it out** – saying out loud how you are feeling to someone else can make a huge difference. This could be to a friend, parent, teacher or counsellor. They don't have to have all the answers (in fact, they probably won't), but talking about what is stressing you out can help you to find your own solutions.

**Write it down** - this might seem daunting, but your problems will seem a lot less overwhelming when they are written down on a page. You can keep a journal or throw the pages away afterwards if that helps.

**Watch your inner voice** – the way that you talk to yourself matters! If you have a very critical inner voice, this may make unpleasant feelings seem overwhelming. Try to talk to yourself with kindness.

**Find ways to relax** – there are countless ways to unwind your body and mind. Find out what works for you and schedule it into your week. No matter how busy we are, we all need downtime.

**This too will pass** – feelings are temporary and most difficult situations will change. Try to remind yourself of this when you start to feel overwhelmed.

**Avoid comparisons** – there is no right or wrong way to feel. Feelings just are and everyone will respond to stresses and worries differently. Try to accept your response with kindness.

**Finding meaning in difficult feelings** – it can be hard to understand difficult feelings and situations. Try to ask yourself what this difficulty is trying to tell you about yourself and the world around you. Is it helping you to become stronger or to get to know yourself a little better?



# Coping card

x3 things I will do

x2 things I will say to myself

x1 person that can help me