

Tips for managing feelings

01

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.



02

Talk it out

Saying out loud how you are feeling to someone else can make a huge difference. This could be a friend, teacher, parent 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 find your own solutions.

03

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.

04

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

05

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.

06

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.

07

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.

08

Find meanings 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?

