



Four Steps to Feel Your Feelings

meet
Find out what feelings you have.
greet

Get to know your feelings.

It's not easy feeling big feelings. Sometimes we want to block them out or push them down. But learning how to feel big feelings helps our mind stay healthy as we grow. It's normal for everyone to have big feelings. Sometimes we feel sad, scared, angry and lots of other feelings in between.

Did you know that these feelings just want to make friends with you?

The more you make friends with the feelings in your body, the more they can come and go.

Use these four steps so your feelings don't get stuck, and instead, they visit you and then leave.

meet



1 Name

HOW ARE YOU FEELING?

Upset, anxious, angry or something else?

If you're not sure, that's okay. Go to step 2.



2 Find

WHERE CAN YOU FEEL THAT FEELING IN YOUR BODY?

Take a deep breath in. As you breathe out, imagine a mini-you is sliding down your throat into a safe quiet place in your body. Pretend you are pulling out a set of binoculars to find where that 'feeling' is in your body.

Eg. Where is the 'sad' in your body?

greet

3 Describe

CAN YOU DESCRIBE THE FEELING?

Is it hard, tight, heavy, buzzy, wavy, tingly, hot, jumpy or something else?

DOES IT HAVE A SHAPE?

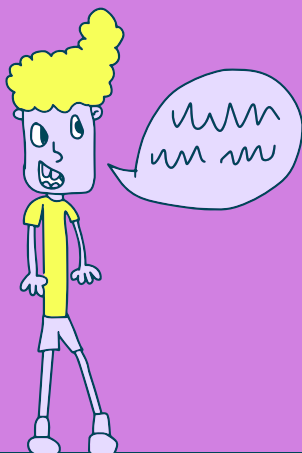
Is it like a ball, a rod, does it feel flat or like something else?

WHAT SIZE IS THE FEELING?

Can you show me the size of it with your hands?

DOES IT HAVE A COLOUR?

IS IT MOVING, CHANGING OR STAYING THE SAME?



4 Find space

CAN YOU FIND THE SPACE AROUND THE FEELING?

Can you put your attention on the space above the feeling, where there is no feeling?

Now can you put your attention on the space below the feeling, where there is no feeling?

Can you put your attention on the space to the left of the feeling, where there is no feeling?

Finally, can you put your attention on the space to the right of the feeling, where there is no feeling?

NB: If it feels like the feeling takes up your whole body, can you find the space in front of your body, behind your body, to the left and to the right of your body?

