

## Feel your feelings 😊 😞 ❤️

Feelings just want to be felt! This exercise is a healthy way to feel any and all feelings.

1. What am I feeling? (sad, mad, angry, confused, excited - could be more than one feeling)
2. Where is it in my body? (chest, stomach, throat, everywhere)
3. What does it feel like? (tight, heavy, tingly, constricted)
4. Breathe deep into it at least 3 times (in through the nose, out through the mouth)
5. What do I need? (some space, a hug, to talk it out, an apology, a glass of water)