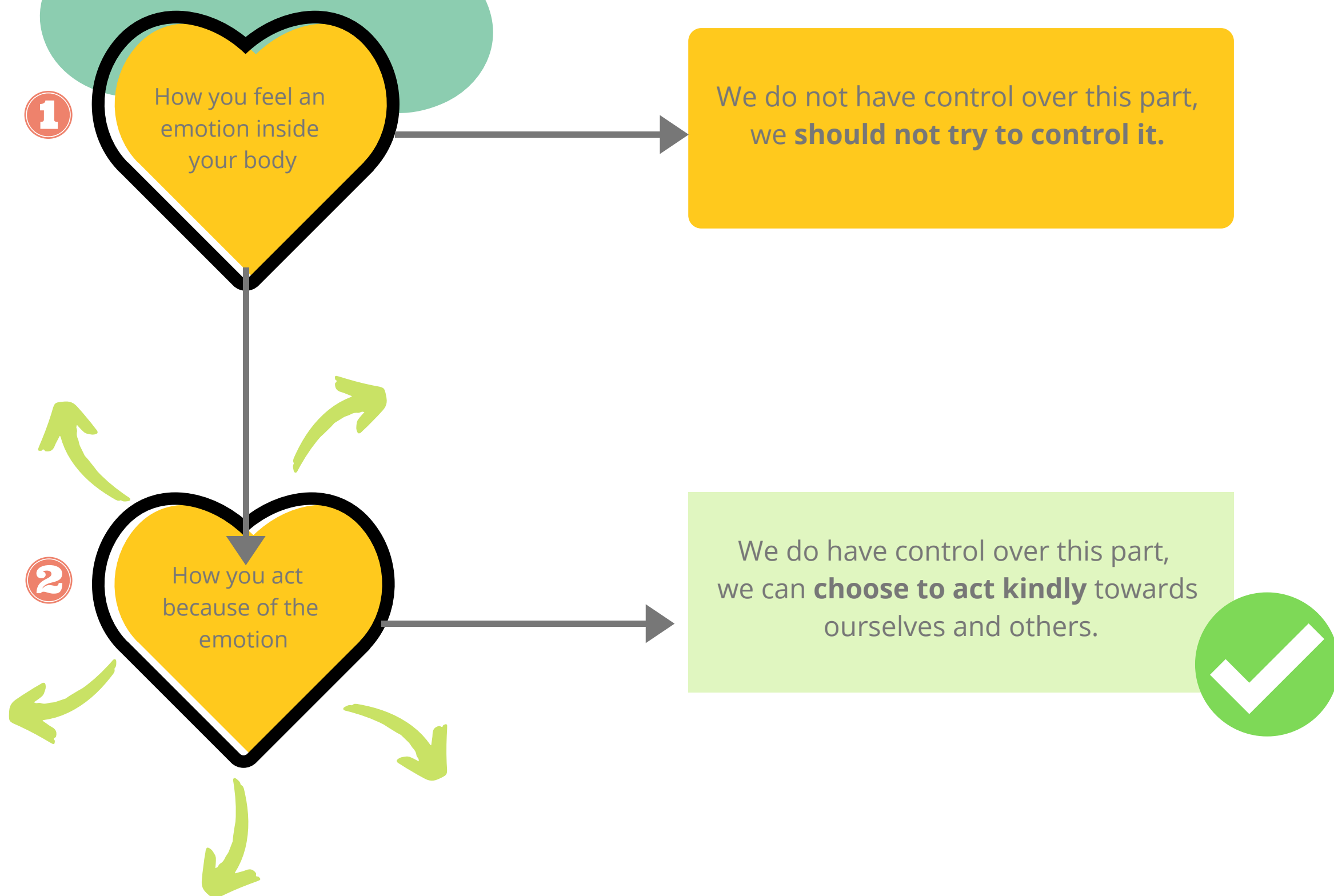


Mindful EMOTIONS

There are two main parts to experiencing an emotion.



Mindfully Experiencing Emotions

1. Feel the emotion, what does it feel like in your body?
2. Perhaps you would like to give the feeling a name?
3. Tell your body it OK to have this feeling. Do you know what gave you this feeling?
4. Stay with your feeling until it disappears, then let it drift off like a balloon.
5. Perhaps you are excited to share your feeling with someone? Perhaps you need to breath deeply in a quiet place for a few minutes? Perhaps you need to move around? Express your feeling in a way that makes sense to you.

Choose to act on your feeling kindly. Sometimes you might have big feelings and it can feel scary. Choosing to be kind and asking for help can really help.

