

# How are you feeling?

How you feel determines your life so it's important to understand and make friends with all your emotions. Here are some simple mindful tips for you to try.

## I'm feeling STRESSED

We all experience stress sometimes. When you're feeling stressed, first remember that not all stress is bad. It can help you survive difficult or dangerous situations. Second, see if you can identify what has triggered it. Third, write an imaginary letter to your stress, and ask it to leave you alone. Try it. It works, you'll see!

## I'm feeling ANXIOUS

Imagine a peaceful place or a time when you felt confident. Remind yourself that you're feeling anxious and that you're not in the best position to be drawing conclusions about anything now. Reach out for something soothing like music or try to reduce your anxiety by going for a walk or stretching.

## I'm feeling SAD

We all feel sad sometimes. When feeling sad why not reach out to a friend and talk about your problem? To understand what makes you feel sad, make a list of the things and people that make you feel that way. What can you change about it?

## I'm feeling ANGRY

If you're feeling angry, take a break from what you're doing. Turn your attention to the soles of your feet. Feel the ground beneath them. Focus on your breathing. Tell yourself you're feeling angry but remember that this feeling won't stay with you forever.

## I'm feeling HOPELESS

Sometimes we feel lost and don't have confidence in ourselves. When you're feeling like this, think of a success you've had recently and how that made you feel. Think of something you know you can do well or enjoy doing, and if you can, engage in this activity.

## I'm feeling NEGATIVE

Maybe you're thinking 'I'm just not good at math (or sports, or music), so what's the point of trying?'. This attitude can be harmful because it stops your growth. Try this approach instead: 'Yes, math is tough but if I try harder, and ask for help if I need it, I can do it'. Remember, eventually, your brain will believe what it hears.

## I'm feeling TIRED

Ask yourself if you're getting enough sleep and check the quality of your sleep. Try to develop a healthy sleeping routine e.g. go to bed at the same time every day or switch your mobile phone off before you go to bed. Routines can be boring, but healthy routines do help.

## I'm feeling AMUSED

Feeling amused doesn't always come easy. Before a tough day at school or an exam we often just don't feel like having fun. Make this feeling last longer by connecting with a friend. When was the last time you goofed around? You can also use amusement to do something creative. Why not write a story, sing or write a song together?

## I'm feeling EXCITED

Are you bursting with excitement and feel as if the whole you is ready to dance? Take time to enjoy this feeling and let it soak in. Notice how feeling excited charges your batteries and motivates you to do things. Spread excitement among others. Why not call your friends and share the great feeling with them. Trust me, excitement can be contagious.

## I'm feeling PROUD

Feeling proud accompanies us when we achieve something important for us, whether small or big like solving a problem or helping a friend. Let this feeling stay with you longer by writing down what made you feel proud and what other emotions it generates. And always remember to recognize your and your friends' achievements!

