

All Emotions are Okay

Accepting My Emotions



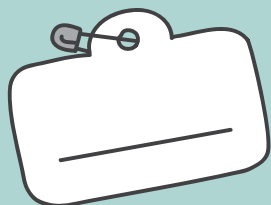
Pause

Stop and take a few breaths.



Think

Ask yourself, What emotion do I feel?



Name

Say to yourself, I feel _____.



Accept

Know that all emotions are okay.

What's That Feeling?

Pause to ask yourself how you feel. Note the time, emotion, and what you were doing.



happy



sad



scared



disgusted



surprised



angry



proud



embarrassed



excited



confused



worried



calm

Time	Emotion	Activity

CALMING BREATHS

4 : 7 : 8

Inhale through your nose to a count of 4.
Hold your breath for a count of 7.
Exhale through your mouth for a count of 8.
Repeat.



Lion's Breath

Inhale through your nose for a count of 5.
Open your mouth wide and exhale, roaring *haah*.
Repeat.

Nostril Breathing

Sit in a comfortable position.
Place your right thumb next to your right nostril and your ring finger next to your left nostril.
Use your right thumb to close your right nostril and inhale through your left nostril.
Use your ring finger to close your left nostril and exhale through the right nostril.
Keeping your left nostril closed, inhale through the right nostril.
Close the right nostril with the thumb as you exhale through the left nostril.
Repeat.



Belly Breathing

Sit in a comfortable position.
Place one hand over your heart and the other hand on your abdomen.
Keep the hand on your heart still as you inhale deeply through your nose.
Feel the hand on your abdomen rise as you fill your abdomen with your breath.
Hold your breath for a moment.
Slowly exhale through your mouth, using the muscles in your abdomen to push out the air.
Repeat.