FEELINGS AND WHAT TO DO WITH THEM

ANXIETY: DO SOMETHING MINDFUL
- Count down slowly from 10 to 0
- Breathe slowly, in through the nose and out through the mouth
- Focus on objects around you and thinking about how they look, sound, smell, taste and feel
- Do yoga
- Meditate
- Learn some breathing exercises to aid relaxation
- Talk to someone you trust and care about. It doesn’t matter what you talk about, just talk
- Find a child to play with. Ask to play a game
- Do something kind for someone
- Think about all the details of a time or place that made you happy – remember how all of your senses felt.
- Punch pillows
- Scream into a pillow
- Yell or sing at the top of your lungs
- Exercise

FEELING SAD OR DEPRESSED
- Take a hot bath with bath oil or bubbles
- Curl up with a comforter, good book and hot cocoa
- Baby yourself somehow
- Do something slow and soothing
- Hug a loved one or stuff animal
- Give yourself a present
- Play with a pet
- Make a list of things that make you happy
- Do something nice for someone else
- Light sweet-smelling incense
- Listen to soothing music
- Call a friend and just talk about things that you like
- Make a tray of special treats
- Watch TV or read
- Visit a friend

EXPRESS YOURSELF
- Not sure about what you are feeling? Try writing in a diary
- Cry – crying is a healthy and normal way to express your sadness, frustration, disappointment
- Draw or color
CRAVING SENSATION/FEELING EMPTY OR UNREAL

- List the many uses for a random object. (For example, what are all the things you can do with a twist-tie?)
- Interact with other people
- Bite into a hot pepper or chew a piece of ginger root
- Take a cold bath or shower
- Stomp your feet on the ground
- Focus on how it feels to breathe. Notice the way your chest and stomach move with each breath.

FEELING ANGRY

- Flatten a can for recycling
- Use a pillow to hit the wall, like in a pillow fight
- Dance
- Clean
- Exercise
- Hit a punching bag
- Bang pots and pans
- Stomp around in heavy shoes
- Play handball or tennis
- Run, jump, skip, lift weights, ride a bike, swim, any movement that helps you move the angry energy through and out of your body

FEELING GUILTY OR LIKE A BAD PERSON

- List as many good things about yourself as you can
- Read something good that someone has written about you
- Talk to someone that cares about you
- Do something nice for someone else
- Remember when you’ve done something good
- Think about why you feel guilty and how you might be able to change it.

Adapted from Cornell Research Program and modified for use with all students

Loyola University Maryland Counseling Center, HU150, 410-617-CARE (2273)
www.loyola.edu/counselingcenter
See: REACT Online on website

KEEP BUSY

- Play a game
- Listen to music
- Read
- Take a shower
- Open a dictionary and learn new words
- Do homework
- Cook
- Dig in the garden
- Clean
- Watch a feel-good movie