

# 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 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](http://www.loyola.edu/counselingcenter)**

**See: REACT Online on website**

### **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

### **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