
Options for Feelings

Trauma brings ranging and complex feelings. One part of processing emotionally intense experiences includes a growing ability to name our needs and experiences. Another option is to identify other ways to process through the body. Use this resource to try various forms of working through feelings.

TALK

Share life happenings with a therapist or another trusted source. Search for different forms of treatment or confirm techniques your therapist is trained in, such as EMDR (Eye movement desensitization and reprocessing). In this mode, you'll spend time remembering a target memory and identifying sensations in your body. You could also ask a trusted person to simply listen, to provide validation, or to offer an alternative perspective.

WRITE

Track thoughts and feelings with the intention of keeping this to yourself. Journal for a set of days on a particular theme or topic. You can choose something you'd like to focus on growing, or a topic you'd like to consider in new ways.

TOUCH

There is a sense of increased agency in being able to engage with and change our environment. Incorporate pottery or painting in a relaxed environment or quality time with

a friend. Smash a pillow against the bed, pop bubble wrap, or squish some sand, dirt, or snow into mounds, feeling the impact of your energy on the objects. Alternatively, put some pressure on your body to help bring a soothing touch. Wrap yourself tightly in a blanket, or massage your palms, temples, or scalp.

BREATHE

Regulating breath can release tensions that come up from various feelings. On an inhale, imagine the breath traveling to the part of your body that feels tight, creating more space. On the exhale, imagine sending the tension out of your body, loosening into the space you created. Continue to do this for a few breaths for each of the areas that you notice being tight.

MEDIA

Finding media that reflects and mimics your current feelings can help allow the emotion as well as release it. You could go through a favorite show or movie, focusing on the emotional experience of the characters, or listen to music that matches your mood. Let yourself deeply feel whatever is invoked.