



FEELING MY EMOTIONS

body map exercise

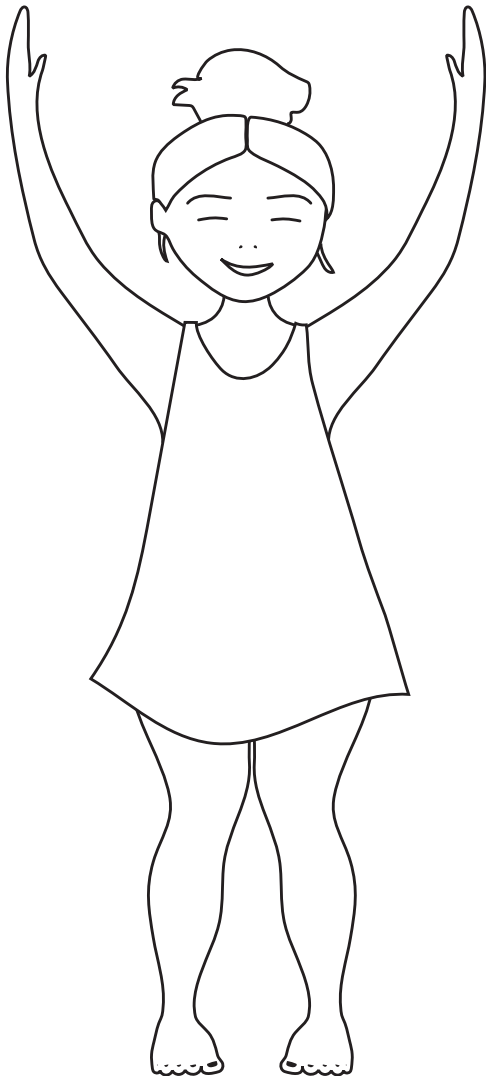
DATE:

I AM FEELING:

Reference your emotions words list for inspiration.

MY BODY FEELS:

OTHER THINGS I'M NOTICING:



FOLLOW THE BELOW STEPS:

1. Notice the body map.
2. Inhale for 3 breaths and exhale for 3 breaths on 3-4 intervals.
3. Pause. Bring awareness to any part or parts of your body.
4. Color the parts of the body that you notice during this breathing exercise.
5. Write down any emotions you associate next to each body part.
6. Feel free to explore this exercise in a journal or larger sheet of paper.



EMOTIONS WORD LIST

for grief and loss

- SAD
- CONFUSED
- FOGGY
- ANGRY
- SORROW
- HEAVY
- MELANCHOLY
- LONELY
- NUMB
- FICKLE
- YEARNING
- FATIGUE

WRITE YOUR OWN HERE:
