



How are you feeling?

All emotions are a natural part of being human. Be aware that during times of mental struggle, it is common to be overly self-critical. Rather than fearing or judging these emotions, it's important to acknowledge them as a normal aspect of the human experience. Understanding emotions can help you manage them effectively and recognise when you may need to seek help..

Energy	Enraged	Panicked	Stressed	Jittery	Shocked	Surprised	Upbeat	Festive	Exhilarated	Ecstatic
	Livid	Furious	Frustrated	Tense	Stunned	Hyper	Cheerful	Motivated	Inspired	Elated
	Fuming	Frightened	Angry	Nervous	Restless	Energised	Lively	Enthusiastic	Optimistic	Excited
	Anxious	Apprehensive	Worried	Irritated	Annoyed	Pleased	Happy	Focused	Proud	Thrilled
	Repulsed	Troubled	Concerned	Uneasy	Peeved	Pleasant	Joyful	Hopeful	Playful	Blissful
	Disgusted	Glum	Disappointed	Down	Apathetic	At ease	Easygoing	Content	Loving	Fulfilled
	Pessimistic	Morose	Discouraged	Sad	Bored	Calm	Secure	Satisfied	Grateful	Touched
	Alienated	Miserable	Lonely	Disheartened	Tired	Relaxed	Chill	Restful	Blessed	Balanced
	Despondent	Depressed	Sullen	Exhausted	Fatigued	Mellow	Thoughtful	Peaceful	Comfy	Carefree
	Despair	Hopeless	Desolate	Spent	Drained	Sleepy	Complacent	Tranquil	Cozy	Serene
Pleasantness										



Ideas to action when managing challenging emotions.

Shift your attention

- Listen to music
- Walk outside
- Have a bath or shower
- Read a book or listen to a podcast
- Tidy up or fix something
- Paint or draw

Process your feelings

- Journal your thoughts
- Call someone
- Draw a picture of how you feel
- Punch a pillow
- Let yourself cry
- Rip paper into small pieces

Work with your body

- Do a breathing exercise
- Progressive muscle relaxation
- Run, jog or walk
- Bike or swim
- Yoga or stretching
- Massage

Do something to boost your mood

- Offer to help someone else or donate to charity
- Plan an outing or activity
- Play with a pet
- Watch a comedy
- Garden
- Cook/bake healthy food

“Feelings are much like waves, we can’t stop them coming, but we can choose which ones to surf”