

**EXERCISE:**

## NAME MY FEELINGS

**Time Needed:** 5 MINUTES

**Location:** ANYWHERE

*Sit comfortably. If you are comfortable, close your eyes.*

*Take a deep breath. In and out.*

*Now, just see what happens as you do nothing but breathe.*

*For example: You may feel tired and want to go to sleep. When you feel this, just say to yourself, "I feel tired."*

*You may start thinking about something that upset you at lunch. Just say to yourself, "I feel upset."*

*Your mind may wander to the birthday party you are supposed to go to this weekend. Just say to yourself, "I am excited."*

*Every time you notice a feeling, say, "I am [the feeling]."*

*And continue to breathe. In and out.*

*If your mind stays on that feeling, just feel it. But once it starts wandering and you feel something else, notice the new feeling.*

*After five minutes, you can take a deep breath and go on with your day.*

This exercise helps you become aware of your feelings. Generally, your mind wanders from one thought and feeling to another; this is normal and natural. And, as you get to know your feelings better, you can learn how to make choices and do things to take better care of yourself.

Create a list of your feelings. Keep adding to this list.  
Naming your feelings is really powerful!

