

# Naming emotions

mumshine



reflective exercise



individual

Taking a moment to check in with yourself and your emotions can be a powerful tool in your mental wellbeing toolkit. Here's a simple exercise to help you navigate your feelings with curiosity and kindness:

1. Give yourself permission to feel what you're feeling.
2. Name the feeling you're experiencing right now.
3. Get curious about what's happening in your body and mind.
4. Try to identify the root feeling(s) beneath the surface emotion.
5. Keep observing and checking in with yourself.
6. See if there are any additional emotions you're experiencing.
7. Try to connect the dots and understand why you're feeling this way.
8. Remember, no matter what you're feeling, you're not alone. We're here to support you on your journey to mental wellness.

