



# Naming and Nurturing Our Emotions

Close your eyes and think of a time when you felt frustrated, mad, alone, or scared.

How did it make your body feel?  
Were you out of breath, did you feel hot,  
was your heart racing, were you shaky?

How were you able to bring your body back  
to a calm state? Deep breathing, stretches,  
being active, talking about it?

Try one of these calming activities now and  
see how your body feels.

