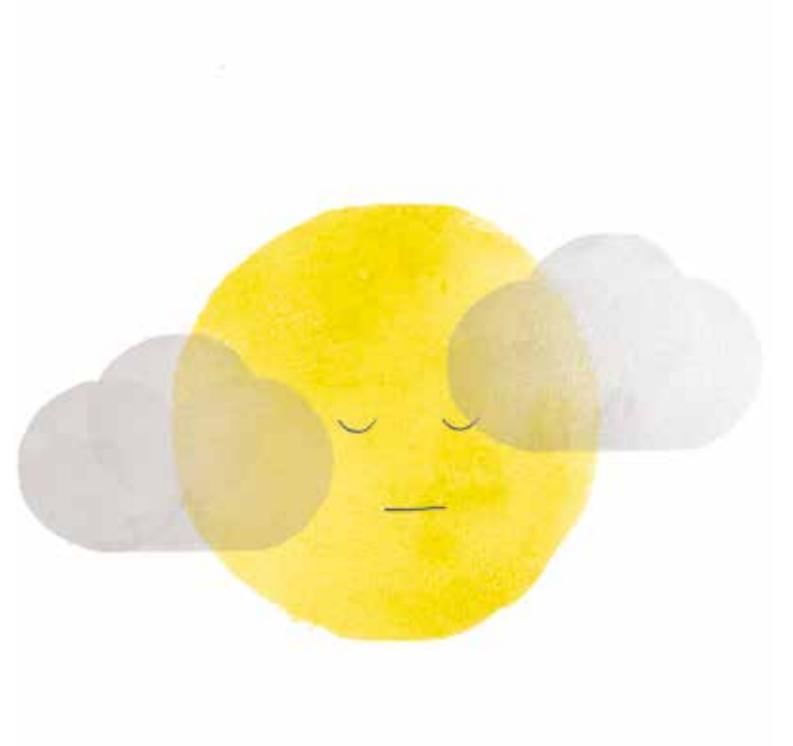




reassuring myself



Our feelings and moods are a lot like the weather.
One day we're all bright and sunny.



Another day things seem grey and cloudy.



One day we may want to go for a picnic...



and it pours with rain...



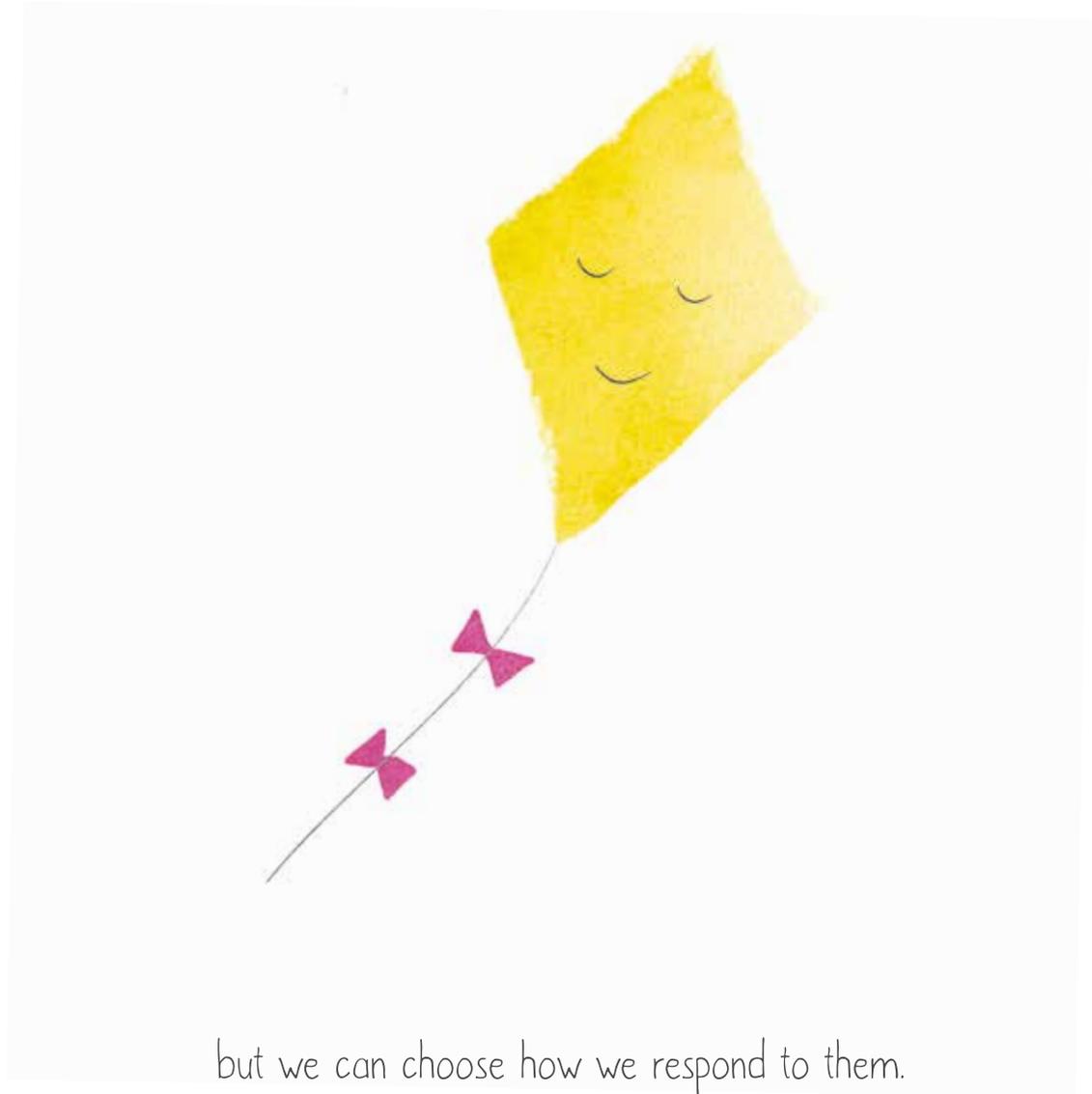
We can't control the weather
but we can make the most of our plans whatever the weather is doing.
We don't always have to let the weather control us.



It's the same with our feelings and moods.
We might want to feel happy – but we just don't.



We can't control the weather or our feelings...



but we can choose how we respond to them.

This book is yours.

You can use it to discover
how to respond to your feelings.

Instead of being stuck in the way you feel,
you can learn how to feel a little bit better
~ for yourself...



To know I'm not alone in how I feel

It's not just you!

There are people out there who are feeling what you are feeling right now. There are people out there who have things in common with you. You're not weird or odd because you're different from others or because they are different from you.

Think about people across the world who are feeling the same as you right now. People in your country or your town. You're not the only person going through what you are feeling now. Others have been there and got through it.

Just like you will.



Noticing your feelings

How are you feeling?



Got a lot going on
- feeling good



Feeling OK



A bit down



Things are getting to me



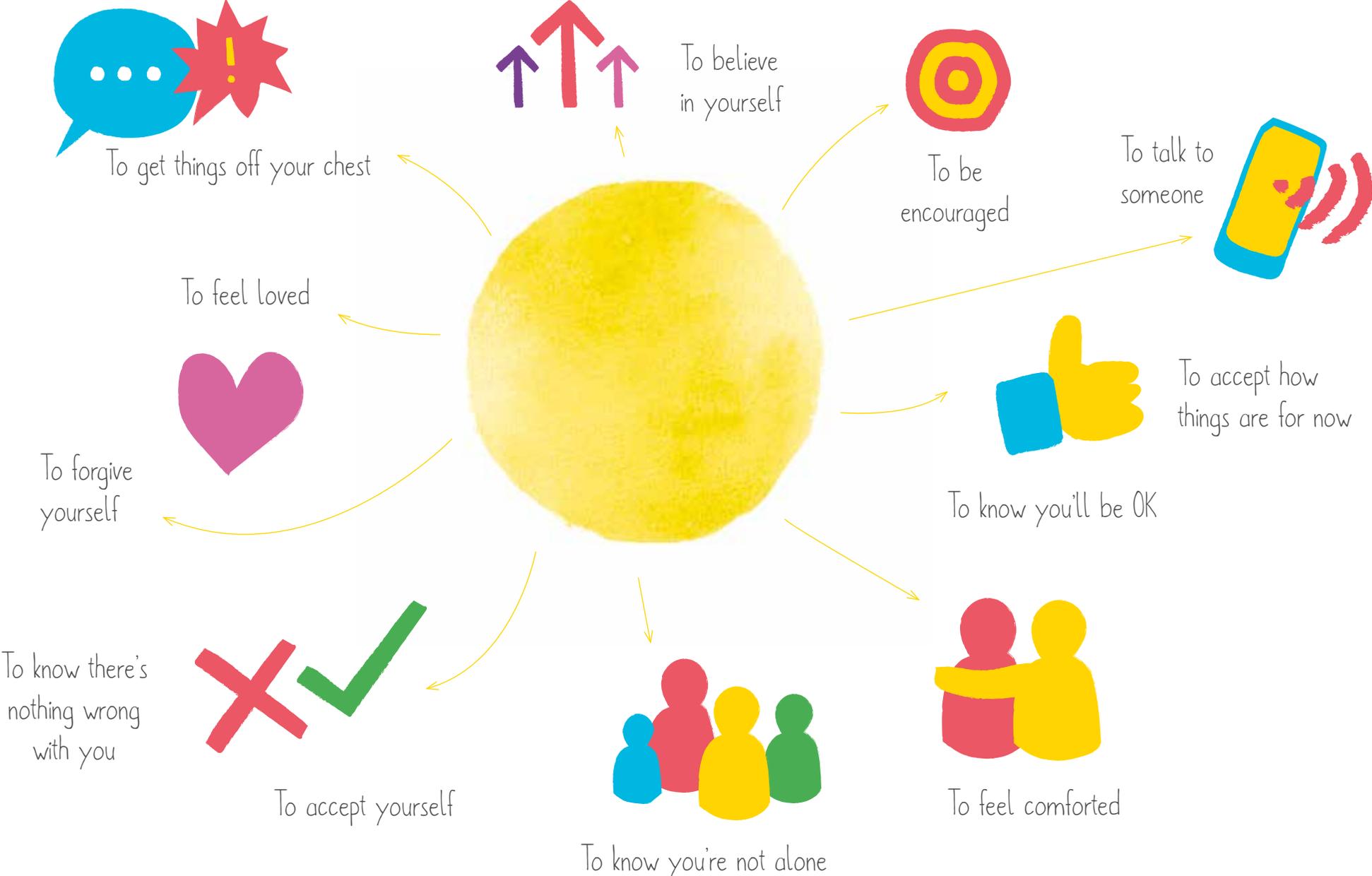
Worried - sad



Upset - scared

What would help you to feel a bit better?

What would help you to feel a bit better?



1

To get things off my chest and out of my head – to express myself



Draw how I'm feeling



Write down my thoughts and feelings about what's happened



Sing someone else's words and music that expresses what I'm feeling



Run or play sport, and burn up some tension and energy



Make crafts, concentrate on something that gives a creative end result



Walk and notice nature



Play music, improvise



Make something nourishing to eat

Ways I like to express myself

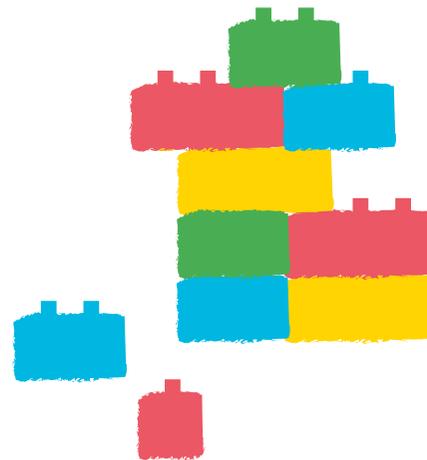


2

To talk to someone – to be heard

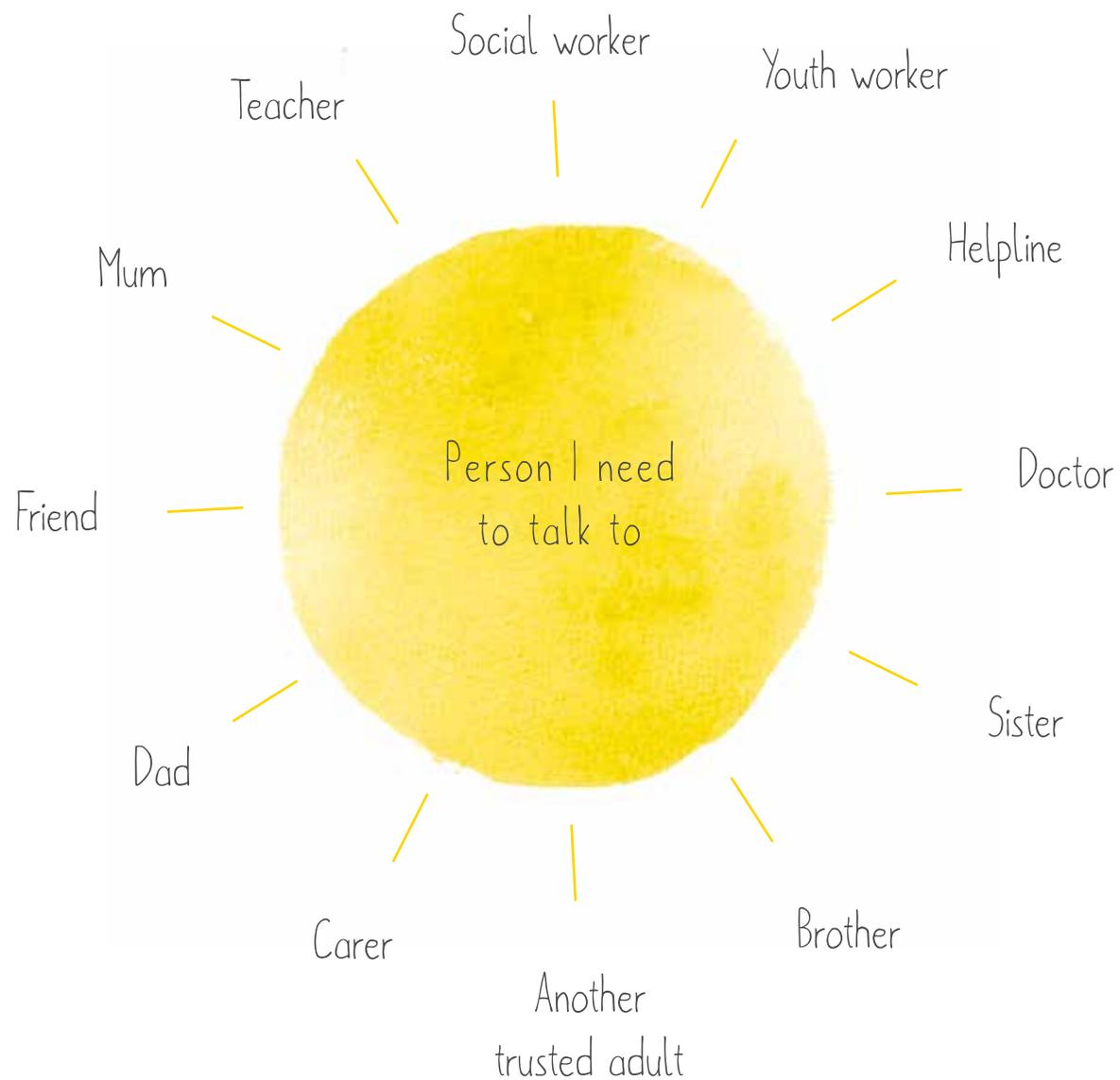


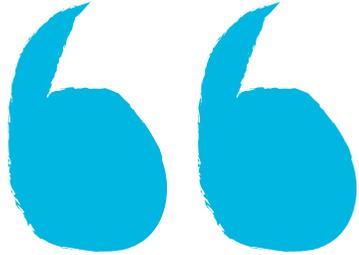
Pets and toys are great listeners too!



Make and talk

Who can I trust to talk to?





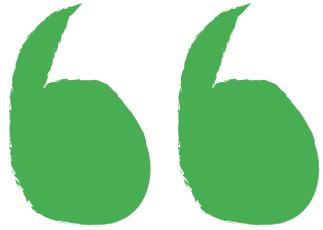
When the time is right,
say you need to talk:

Could we talk sometime soon?

*I'm not feeling great in myself
and it would help me if we could talk about it.*

*I've been feeling
Could we talk about it please?*





What to say if you
need to ask for help:

I'm feeling

*and I've been told when I feel this way,
it's important to talk to someone.*



3

To know I'll be OK, I can cope

When you're feeling anxious or panicky:

Focus on your breathing.

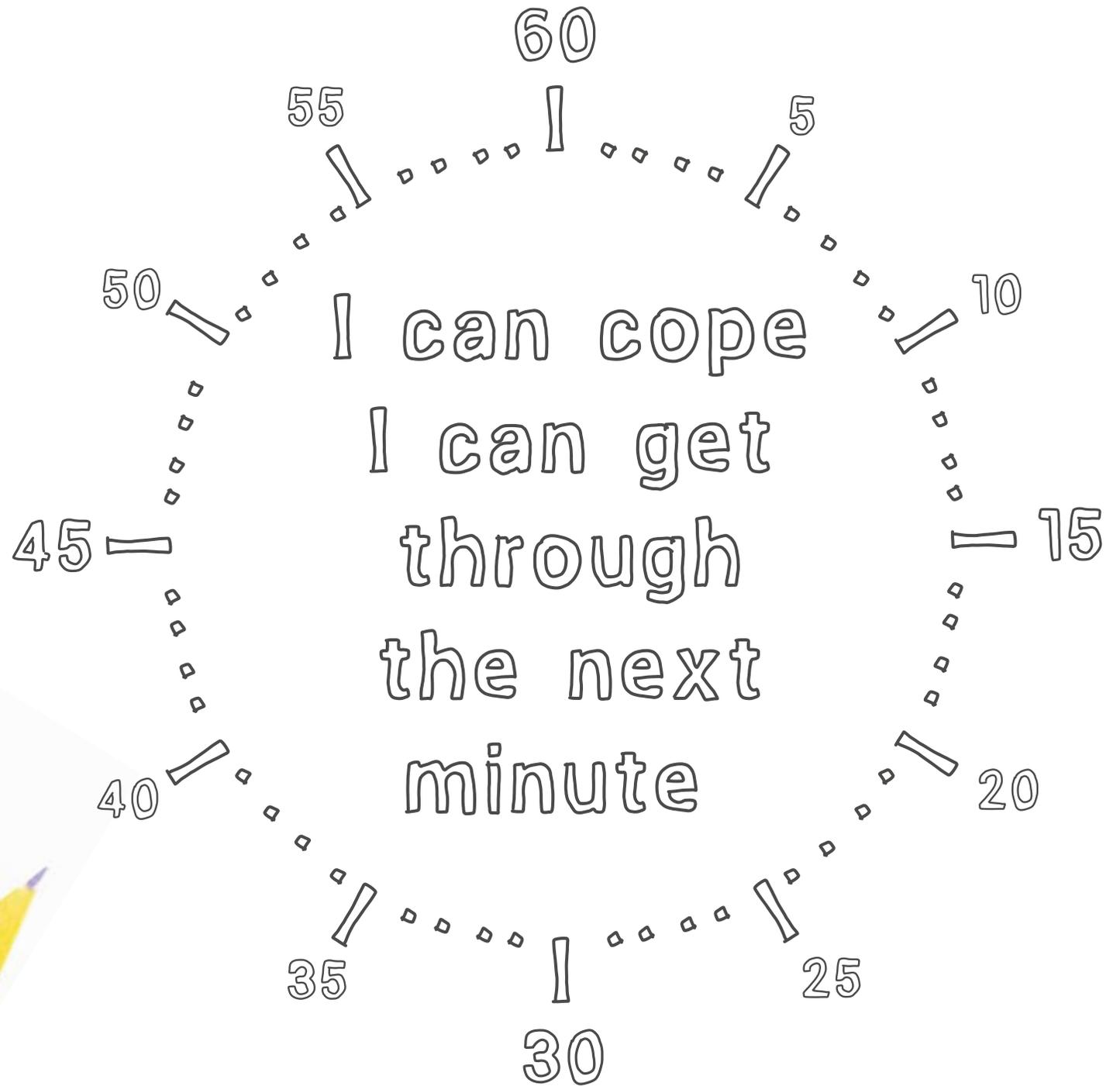
B-R-E-A-T-H-E in 1 - 2 - 3

B-R-E-A-T-H-E out 1 - 2 - 3

Tell yourself
"I can get through the next minute."

REPEAT

Colour this in
to make it your own



4

To be encouraged – to be reassured

You
CAN
do this.

**YOU'LL
BE
OK!**

I **CAN**
give this
a go.

I'm
STRONGER
through
this.

**I WILL
GET
THERE...**

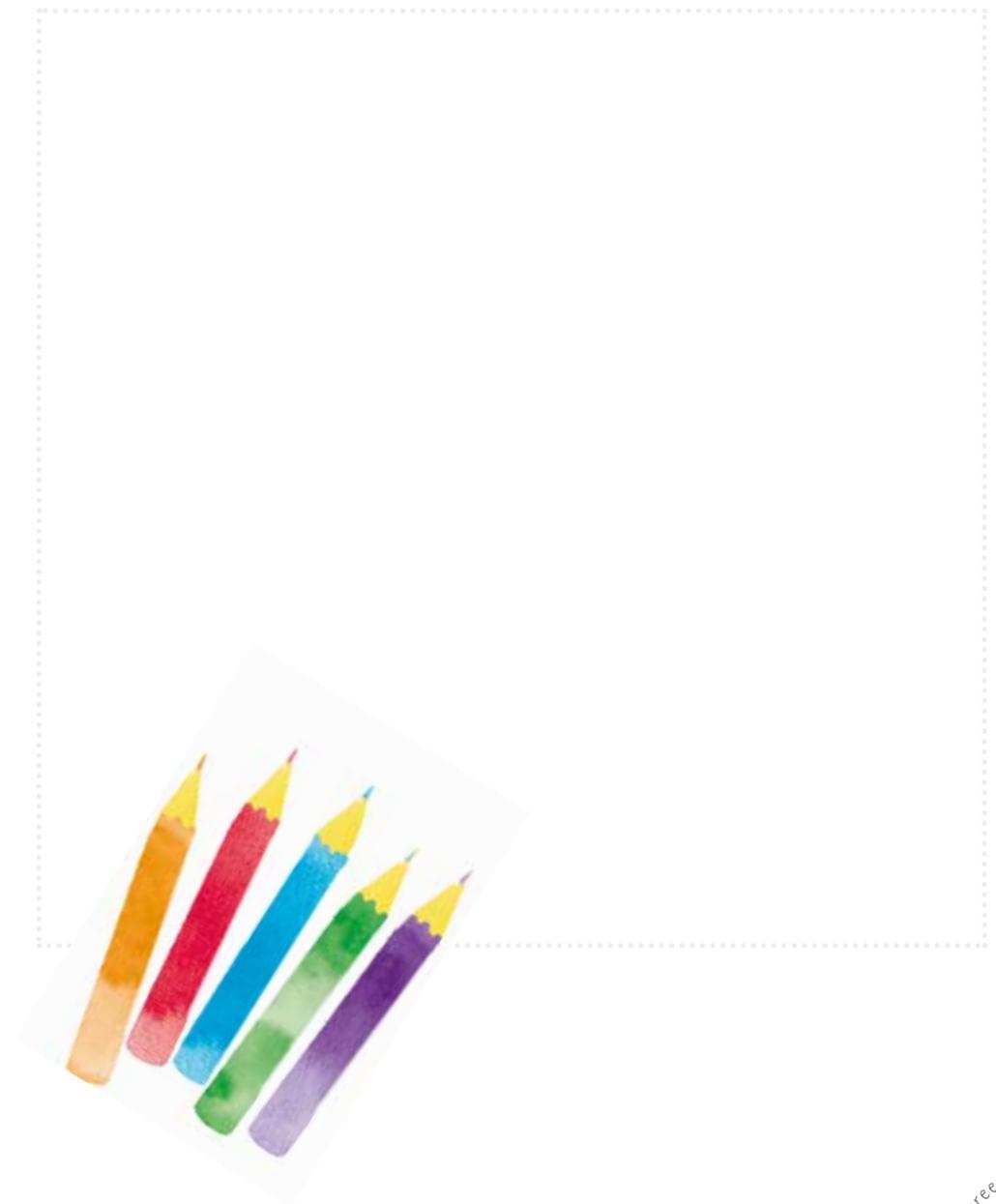
I'm
LEARNING
all the
time.

**I'VE GOT
<<THIS>>**

Words of encouragement for me

A series of horizontal dotted lines for writing.

Image to encourage me



5

To feel comforted, soothed

The Little Ones

Imagine a little baby, a kitten or puppy or chick that is upset, scared or hurting.

How would you be with it?

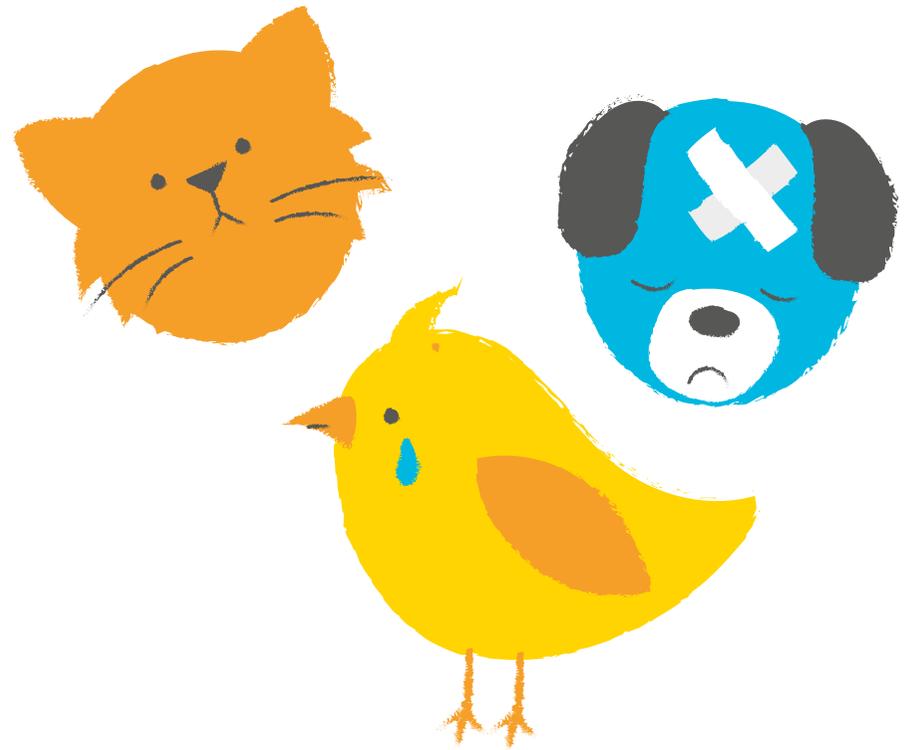
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.....
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How would you approach it?

.....
.....
.....

How would you hold it?

.....
.....
.....

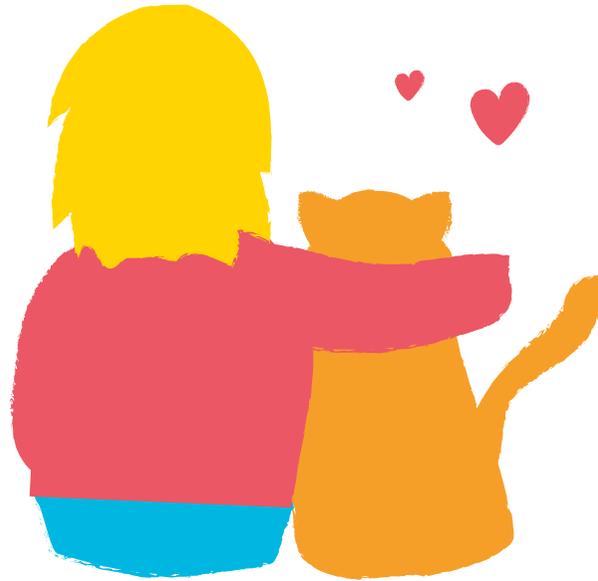


What would you say to it?

.....
.....
.....

What words or sounds would you use?

.....
.....
.....



It's likely you just know how to comfort the little ones but don't know how to comfort yourself.
Not many people know how to comfort themselves but we all need to know this.

Then, when we're poorly, we can snuggle somewhere warm,
gently stroke the part of us that's hurting and whisper to ourselves the same words and sounds
that we use for the little ones.



Then, when you're hurting, you can stroke the part of your body that hurts and say to yourself *'It's OK, rest now, you'll feel better soon.'*



Then, when you're upset, you can hug a cushion or blanket or toy and say to yourself *'This is tough but you'll be OK. You can get through this. Tomorrow is a different day. You'll feel differently tomorrow.'*

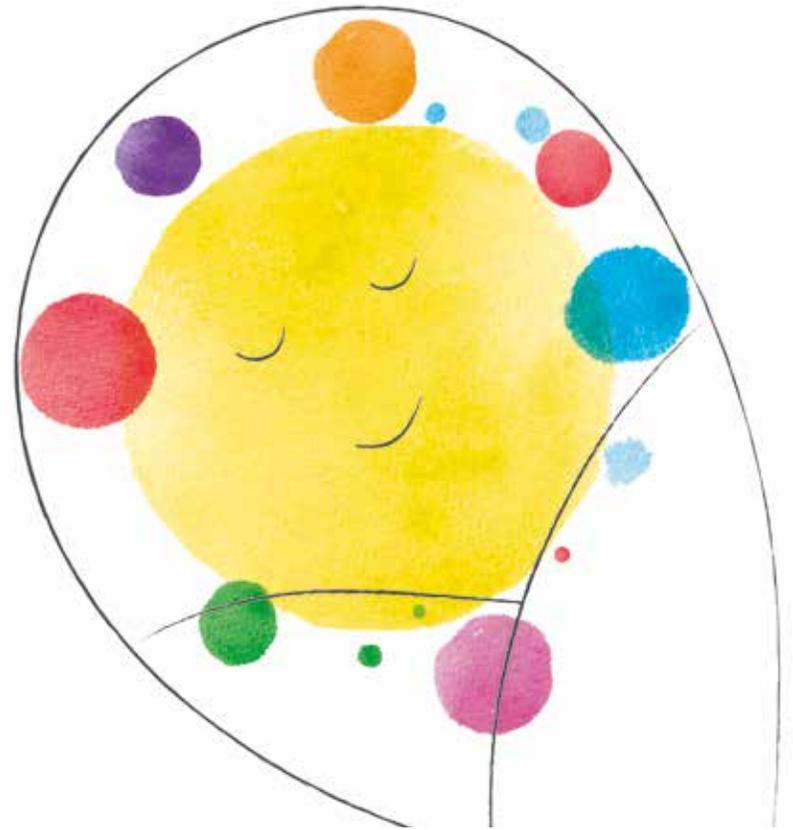


And when you're feeling down, you can wait for the clouds to pass. You can care for yourself by saying caring words to yourself - *'This will pass. You'll be OK. It will be alright.'*

What words, sounds and actions
might help you to feel comforted,
soothed?

Handwriting practice lines consisting of ten horizontal dotted lines.

Reach for these next time you
need comforting.

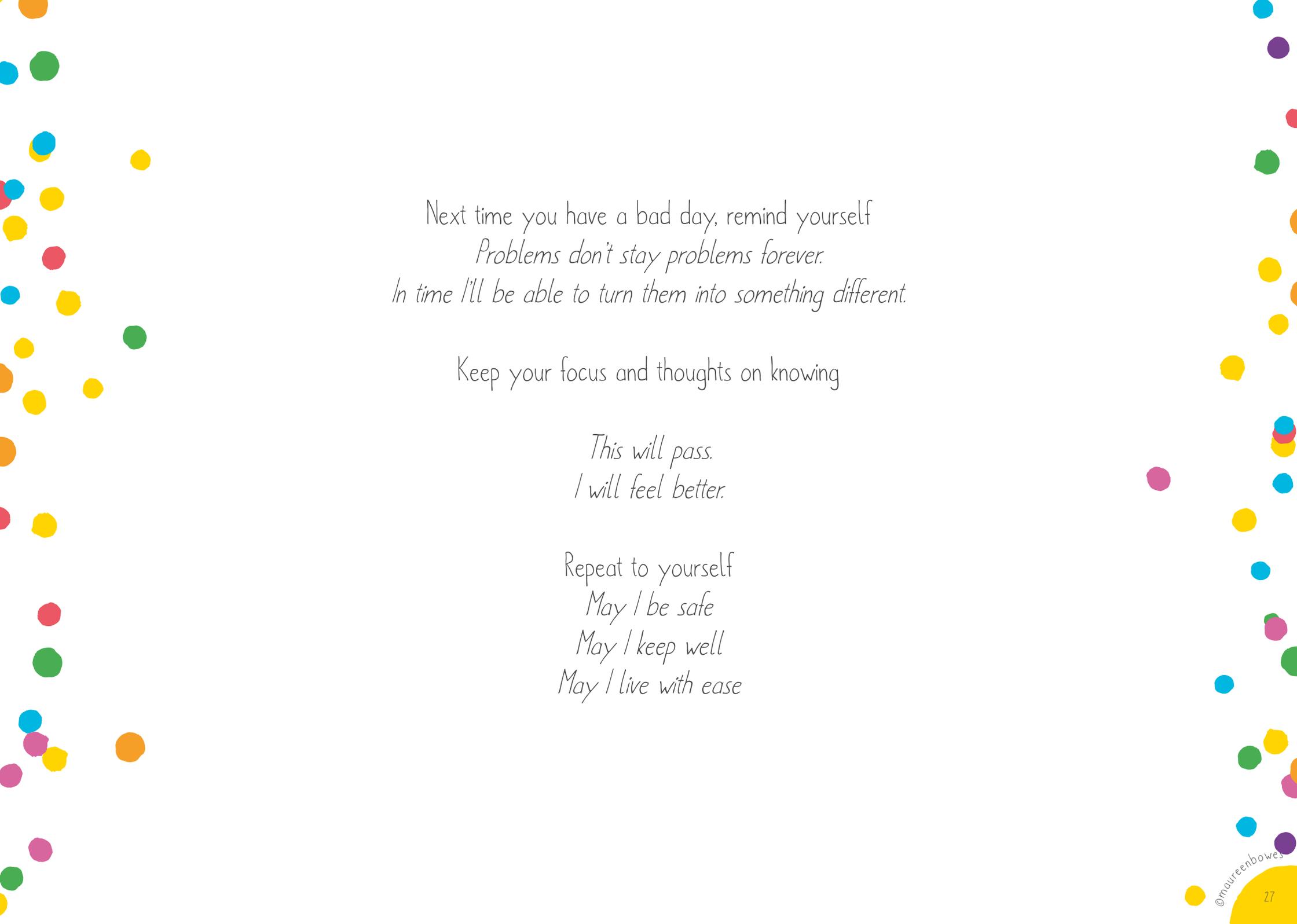


6

To accept how things are for now

There are good days and bad days – for everyone.





Next time you have a bad day, remind yourself
Problems don't stay problems forever.
In time I'll be able to turn them into something different.

Keep your focus and thoughts on knowing

This will pass.
I will feel better.

Repeat to yourself
May I be safe
May I keep well
May I live with ease

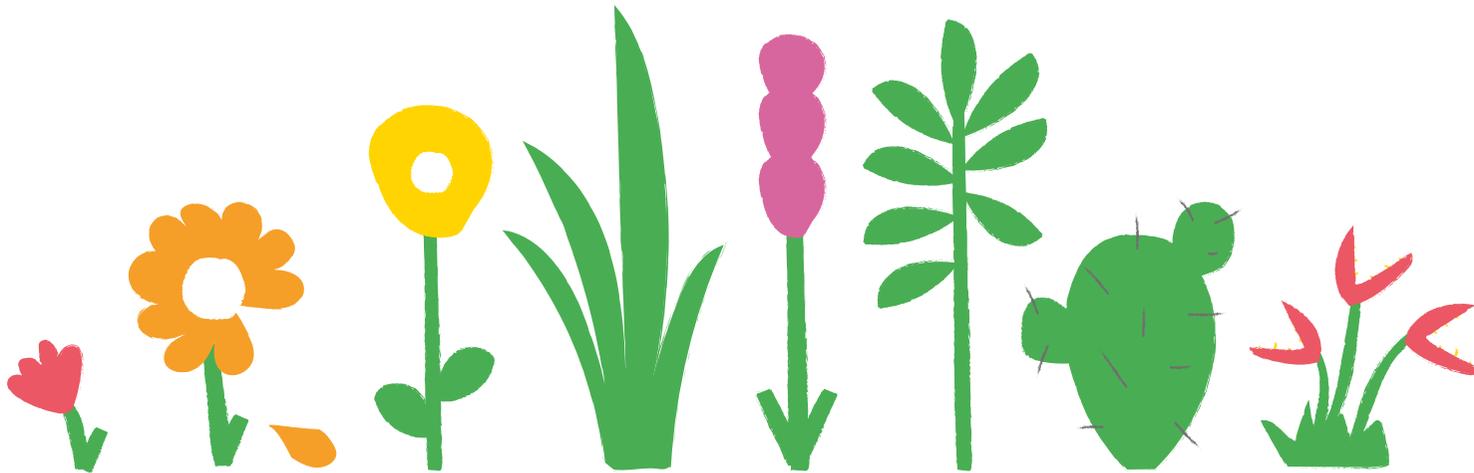
I'll keep my body well - What does my body need?



7

To accept myself as I am – to accept myself as enough

It's too easy to compare who you are with others,
to see what you don't have, and then somehow feel less.



Instead of comparing yourself to others, compare yourself with yourself. Compare who you are now with who you were before. Instead of comparing yourself to others, you can learn to respect the person you are becoming through all the struggles.

What I feel glad about in my life:

What I have now that I haven't had before:

What I can do now that I haven't managed before:

What I appreciate:





To believe in myself

REMEMBER

Who I am – my strengths, my qualities

.....
.....
.....

What I can do – my skills, my talents, my abilities

.....
.....
.....

What I've learned – from my life, my mistakes, the people I respect

.....
.....
.....



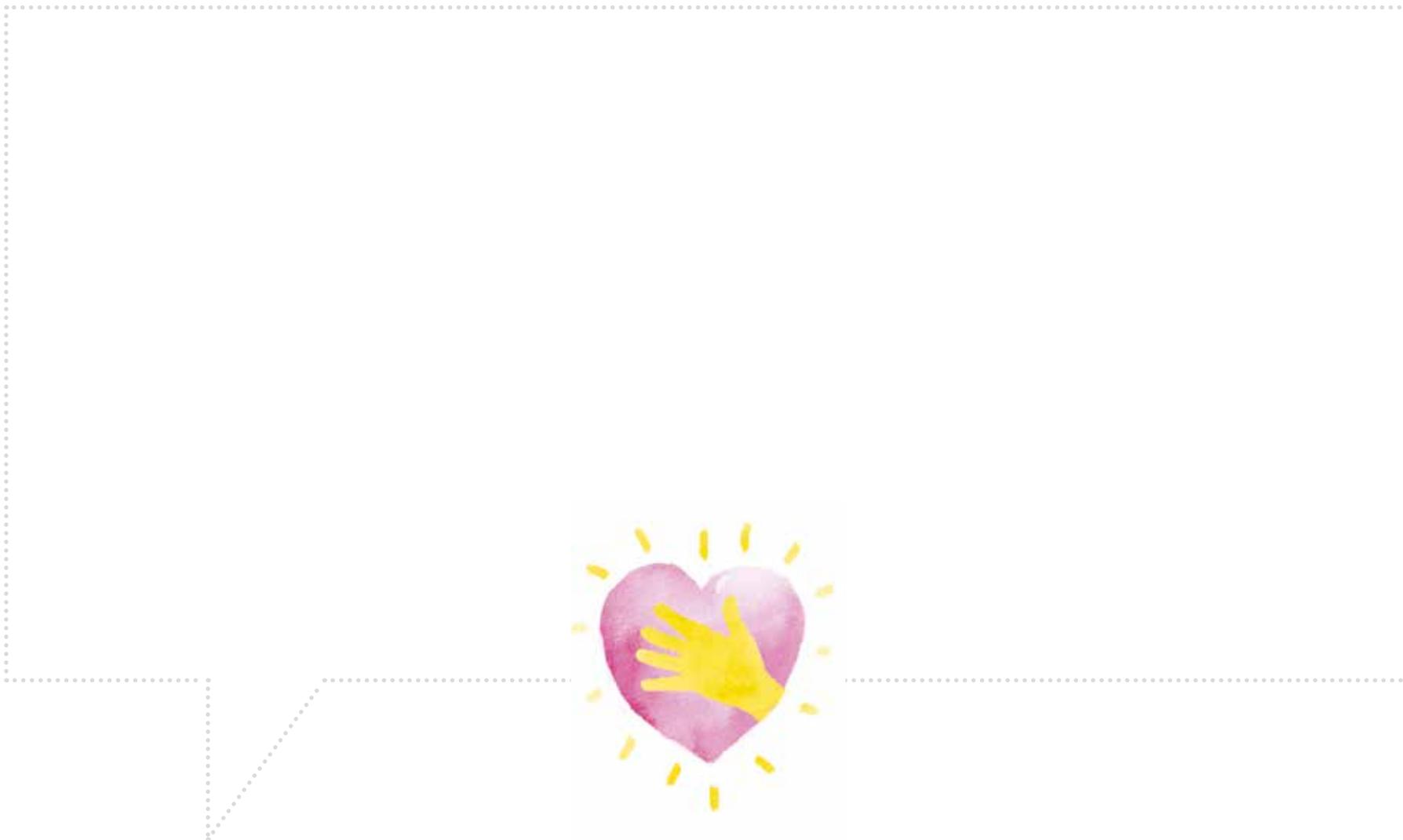
How I can make the best of this

.....
.....
.....

What I'll do if this doesn't go to plan

.....
.....
.....

My pep talk
to give me courage for this situation

A large rectangular area defined by a dotted line, intended for writing a pep talk. At the bottom center of this area is a watercolor-style illustration of a purple heart with a yellow hand reaching out to touch it, surrounded by yellow radiating lines.



To forgive myself - so I can stop feeling guilty

Everyone makes mistakes, upsets others, does something they regret at some point. Everyone.

When you're feeling bad about something you've done or said, here are some options to choose from so you can accept, move on and stop judging yourself:

Say sorry to the other person(s) or to yourself and explain why you're sorry. Give three reasons to express why you're sorry.

.....
.....
.....
.....

Write or draw what you're sorry about so that you don't keep it stuck inside yourself.

.....
.....
.....
.....

Reflect on what you've learned from this situation

What the mistake was

What you intend to remember to do differently next time.

What I've learned from this

What I'll remember to tell myself going forward

10

To feel loved

Imagine Love as a light, accepting, warm presence that's with you now.
Not judging you - whatever you've done, however you're feeling....



love
Love x

What would Love say to you?

What would Love want you to know today?

What loving name would Love call you?

What words would Love give you to support you?

Write a letter to yourself from Love.

Each time you need to feel love,
write a letter to yourself from Love.

For more resources go to
whenthetsiongoes.com



to calm down



to express yourself



to not feel so alone



to sort out your head



to feel good enough



to like yourself



to take care of yourself



to know what to do



SOS

mb@whenthetsiongoes.com

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