

Emotional Well-Being



"Feelings are much like waves. We can't stop them from coming, but we can choose which one to surf."

-Jonatan Mårtensson

Emotional Reflections for Adults

Step 1: Pause.

This step is important because instead of acting on feelings right away, you stop yourself and think things through.

Step 2: Acknowledge what you're feeling.

For example, are you mad at someone, or are you sad because your feelings were hurt by what they did? Whatever it is that you are feeling, it is OK to feel that way.

Step 3: Think.

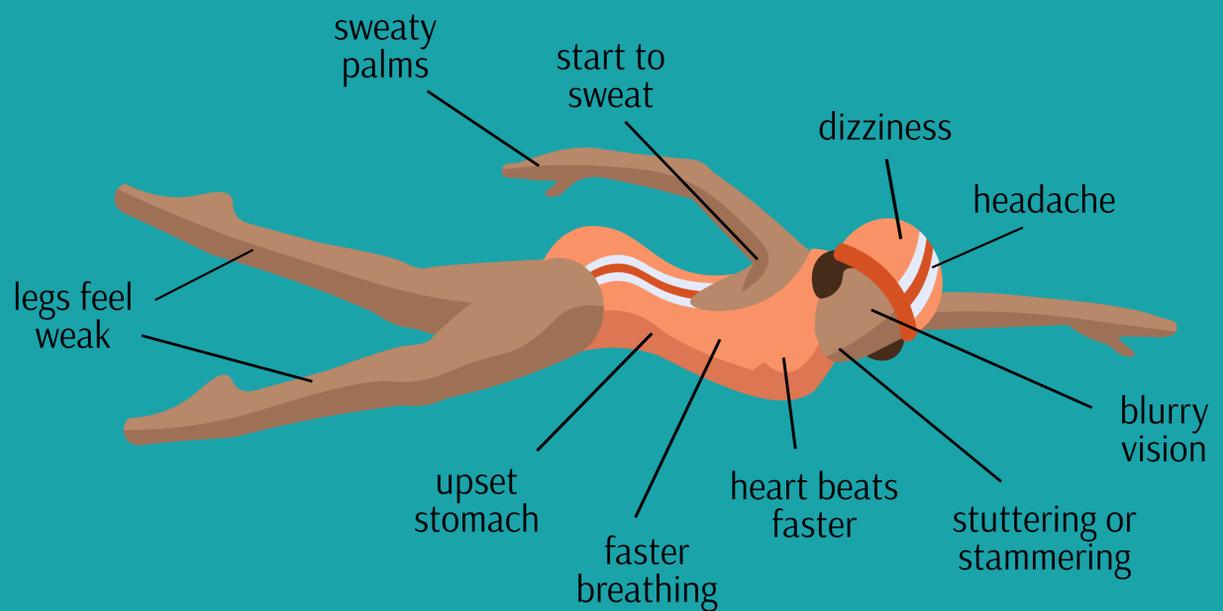
Now that you have taken a few moments to figure out what exactly it is that you are feeling, think about how you can make yourself feel better.

Step 4: Help.

Take an action to help yourself based upon what you came up with in the "Think" step.

How does your body feel?

These are some physical symptoms you may experience when you have different emotions



Helpful activities for coping with emotions

1. Watch a funny YouTube video.
2. Listen to music.
3. Journal. Write down your feelings.
4. Talk to someone you trust.
5. Exercise.
6. Cry.
7. Pick up a hobby (dance, crochet, cooking)

Here are some smartphone applications that can help you with your emotional well-being:



Calm



Headspace



BHD

MILWAUKEE COUNTY
Behavioral Health Division

For more information on mental health and substance use services, call...

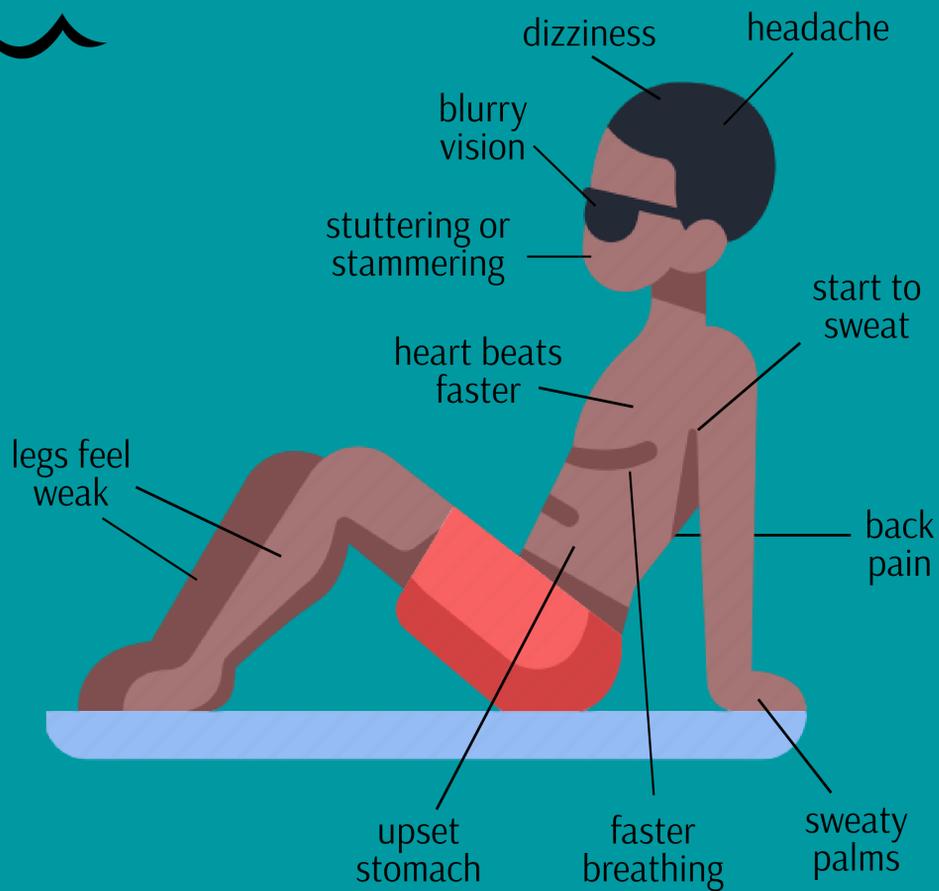
Community Access to Recovery Services:
(414)-257-8085

Crisis Services: (414)-257-7222

Emotional Well-Being for kids



How does your body feel?

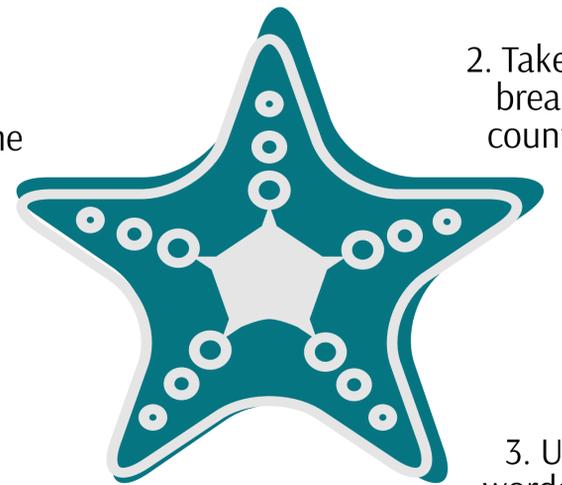


These are some things you might feel when you have different emotions

5 Steps to Manage Big Emotions

1. Remind myself that it is never okay to hurt myself or others

2. Take 3 deep breaths or count to 10



5. Take time to calm down

4. Ask for help to solve the problem

3. Use my words to say how I feel and what I wish would happen

Here are some smartphone apps that will help you learn about emotions:



Breathe, Think, Do with Sesame



Headspace

Calm Down Ideas for Kids

1. Go outside and kick a ball or run around 

2. Punch a pillow

3. Listen to music or sing a song 

4. Close your eyes and think about a calm place

5. Draw a picture

6. Write a letter or a story 

7. Read a book

8. Talk to someone

9. Ask for a hug

10. Hang out with your pet 

How are you feeling?

