

Connecting our Emotional, Mental, and Physical Worlds: Meaningful Self-Care

Our emotions are powerful. By examining and understanding our emotions (especially when we feel something strongly), we are better able to respond and meet our own needs. It's also important to identify the physical sensations and thoughts that come up for us when we are experiencing an emotion. Using the Feelings Wheel (The Gottman Institute), identify three emotions that are challenging for you to feel. For each emotion, think about how it feels in your body and what thoughts come to mind. Then, using the Self-Care Wheel (Olga Phoenix Project), identify at least two ways you could use self-care to respond and care for yourself when you are experiencing this emotion.

WHAT IS A FEELING THAT IS DIFFICULT FOR YOU? BE SPECIFIC.	WHAT DO YOU FEEL IN YOUR BODY?	WHAT THOUGHTS COME TO MIND?	SELF-CARE OPTION #1	SELF-CARE OPTION #2
Embarrassed	Warmth in my cheeks; pit in my stomach	"How could I be so stupid?"; "I am such a failure."	self-compassion	talk to a friend