



# THERAPEUTIC SELF-CARE



## \*EXPLORING ONE'S FEELINGS/EMOTIONS

1. Notice how you feel
2. Name your emotion: What is it? What word best describes it?
3. Accept the emotion: It's a normal emotion. What prompted it?
4. Investigate the emotion: How intense is it? Is it proportionate to the situation? Does it have any physical effect? How is your breathing?
5. Release the emotion: Breathe deeply and slowly. Don't judge yourself. Take a moment to yourself. Find your balance and return to your happy place