

**So what can you do to experience your feelings without getting stuck in them, or avoiding them?**

**Give Your Feelings A Label**

By naming your feelings, you're taking the sting out of them. Are you feeling nervous, anxious, sad, disappointed, vulnerable, angry...?

**This can also help you to see how your feelings are affecting your decisions.**

**Turn Your Thoughts Upside Down**

If you're experiencing negative feelings, once you've acknowledged what's causing them try flipping them into a positive, for example if you feel frightened of leaving home in case you catch Covid-19, try feeling safe that you're in your own home.

If you find yourself dwelling on negative things, try distracting your brain with a quick physical activity, like going for a walk.

**Do Something to Boost Your Mood**

If you're struggling to get past your feelings once you've acknowledged them, do something that will make you feel better. Listen to music, dance, sing, phone a friend, or go for a walk.

**Acknowledging everything means having your thoughts one at a time and getting to the point of them being in the past and you being in the present.**

Acknowledge  
everything