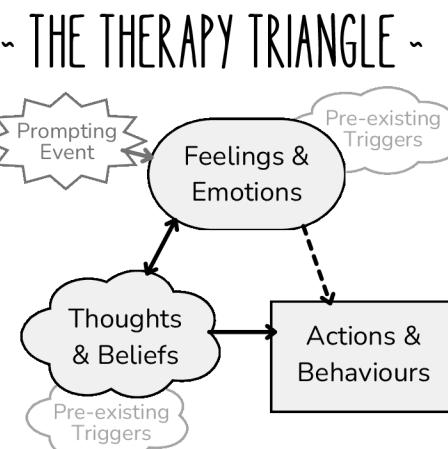


- BOUNDARY SETTING -



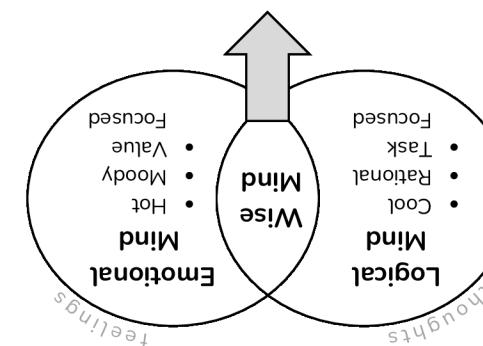
- People tend to act directly from their emotions (-----)
- Your thoughts and feelings are influenced by past experiences and they affect each other (↔)
- Being aware of your thoughts and feelings can help you better control your actions (→)

- PERSONAL ENERGY -

- A short list of things that can effect your personal energy:
- that can avoid helping you burn out.
- Be sure to take time You need to property recharge your energy.
- stress
- past trauma
- food/water intake
- amount of sleep
- screen time
- chronic illnesses
- social interactions
- energy.

- STATES OF MIND -

- Your wise mind is the overlapping area between your two minds. It sees the value of both reason and emotion. It considers both your feelings and the facts to make informed decisions. Well as validates your emotions.
- It properly prioritizes your goals as well as validates your emotions.
- Your wise mind is the overlapping area between your two minds. It sees the value of both reason and emotion. It considers both your feelings and the facts to make informed decisions. Well as validates your emotions.
- Your wise mind is the overlapping area between your two minds. It sees the value of both reason and emotion. It considers both your feelings and the facts to make informed decisions. Well as validates your emotions.



- CHECK THE FACTS -

1. What are you feeling and how intense is it?
2. What event prompted this feeling and why is it effecting you in this way?
-> Are you making any extreme judgements?
3. What are your thoughts and assumptions about the event?
-> What other interpretations can you make of the event/facts?
4. Are you assuming a threat?
If so, what about the event feels threatening?
-> What are some likely non-catastrophic outcomes?
5. What is the worst possible outcome you can imagine?
How would you cope if the worst does happen?
6. Do your feelings and/or their intensity fit the actual facts?

- LET IT RAIN - (how to deal with a feel)

Recognize the situation causing you distress

Allow yourself to feel in that moment

Investigate to find why the situation was distressing

Nurture your emotions in an appropriate way

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Amused	Excited	Hopeful	Vulnerable	Ashamed	Apathetic	Anxious	Insecure	Distant	Angry	Disgusted	Rejected	Embarrassed	Sad	Disappointed	Scared	Shocked	Horrified	Irritated
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- FEELINGS CHART -

POCKET
THERAPY

(just in case)

