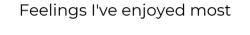
## FEELING REFLECTION My story so far



What has helped me create my positive feelings



Feelings I did not like having

What's helped me bounce back from these hard-to-have feelings

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### WRITING A NEW CHAPTER IN MY STORY

Positive feelings I intend to have more of Tools that could help me create more of these positive feelings



Hard-to-have feelings I might have Tools that could help me manage these hard-to-have feelings

Circle 1 tool in each right-hand box to start practicing right away so you can develop and strengthen helpful habits to get you connected!

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# SOME IDEAS FOR TOOLS

### TO CREATE MORE POSITIVE FEELINGS

read a funny story think of who you are grateful for and why celebrate when you do well invite someone to play try something new that you've been wanting to try play your favorite game tell someone you love how much you care about them do a random act of kindness so many possibilities - what can you think of?

### TO MANAGE HARD-TO-HAVE FEELINGS

name it to tame it take calm down breaths take a walk or move your body in a way you like talk to someone about it take a break hang out with a friend do something you love use positive self-talk - you've got this! so many possibilities - what can you think of?

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