

Wellness Wednesday

March 16, 2022



This week for Wellness Wednesday, we will be exploring emotions. It is important to be able to identify your emotions and validate your own experiences.

Emotions

Emotions are psychological states brought on by neurophysiological changes, variously associated with thoughts, feelings, behavioral responses, and a degree of pleasure or displeasure.

Emotions make us human. It is okay to feel.

Essential

Emotions are a part of who we are, but they also can be confusing, messy, and complicated. Knowing how to name your emotions and being open to share those emotions with someone is a part of our emotional health.

Leaves on a Stream mindfulness exercise

Overview

During the **leaves on a stream** exercise, you will visualize yourself resting near a stream. Whenever thoughts enter your mind, you will imagine placing them atop a leaf, and watching as they float away. Instead of seeing the world from "inside" your thoughts, you will take a step back and view them from afar. By doing so, you will gain perspective on your thoughts and feelings, reducing their power.

Getting Started

Find a quiet place,
free of distractions.

Sit or lie down in a
comfortable position.

Close your eyes or let
your gaze soften.

Begin taking slow,
deep breaths.

Instructions

Visualize

Imagine you are resting by the side of a stream. This scene can look however you like. Use all your senses to imagine what the stream and its surroundings look like, the sound of the water and other ambiance, the physical sensations, and anything else that comes to mind.

Meditate

Your objective during this exercise is simply to focus on the stream. When distractions enter your mind, such as thoughts or feelings, take a moment to notice them without judgment. For example, if you are distracted by other obligations, notice and acknowledge to yourself: "I am thinking about my to-do list."

Manage Your Thoughts

After taking a moment to observe a thought or feeling, return your attention to the stream. Place your thought upon a leaf. You might imagine writing the thought on the leaf or attaching it in some other way. Place the leaf in the water and watch it float down the stream until it disappears.

Practice

Continue visualizing the stream, simply observing and releasing any thoughts that enter your mind. There is nothing else you need to do. You may set a timer for 10-15 minutes to know when practice concludes.

Notes

- Treat all of your thoughts and feelings the same, whether comfortable, uncomfortable, or neutral. The goal is to become aware of your experience—not to change or improve it.
- With regular practice, the leaves on a stream exercise will become easier, and its positive effects more powerful.

Try the tool above to help you get in tune with how you feel.

Emotions Reference List

List of Emotions

Amazed	Foolish	Overwhelmed
Angry	Frustrated	Peaceful
Annoyed	Furious	Proud
Anxious	Grieving	Relieved
Ashamed	Happy	Resentful
Bitter	Hopeful	Sad
Bored	Hurt	Satisfied
Comfortable	Inadequate	Scared
Confused	Insecure	Self-conscious
Content	Inspired	Shocked
Depressed	Irritated	Silly
Determined	Jealous	Stupid
Disdain	Joy	Suspicious
Disgusted	Lonely	Tense
Eager	Lost	Terrified
Embarrassed	Loving	Trapped
Energetic	Miserable	Uncomfortable
Envious	Motivated	Worried
Excited	Nervous	Worthless

Challenge

Pick 3 emotions from the chart above that you have felt before. Share with someone you trust what happened to make you feel that way.

How did it feel when you shared those experiences with that individual?

Mourning



Grief is an extremely difficult emotion for us to bare. Grief does not just refer to the death of a loved one. We can grieve many situations. While we are grieving, we will also experience mourning. Mourning is the outward expression of our grief.

Mourning can be extremely difficult and leave you feeling confused. We mourn after the death of a loved one. We mourn when there are breaks in relationships with friends or family. We mourn when we are going through multiple changes in our life.

The link below is a guide to familiarize yourself with what is necessary when mourning. There is no timeline on this. Use this just as a tool.

Tasks of Mourning

After a death, friends and family face complicated emotions, and a new reality without the deceased. They must learn how to keep the person within their hearts, while moving forward in life. The **tasks of mourning** describe how to adjust to loss in a healthy way.

Tasks may be completed in any order.

Tasks may be revisited multiple times.

Tasks may be completed at any pace.

1 Accept the reality of the loss.

- Accept the loss both *intellectually* and *emotionally*.
- Recognize the significance of the loss.

2 Process the pain of grief.

- Name and make sense of your emotions.
- Let yourself feel these emotions, rather than trying to bury them.

3 Adjust to a world without your loved one.

- Make practical changes, such as taking over tasks your loved one used to complete.
- Adapt to a changing self-identity and worldview.

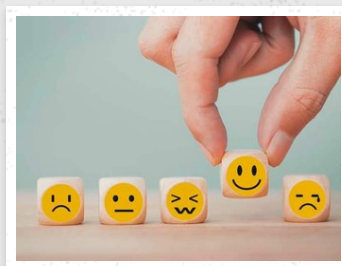
4 Remember your loved one while moving forward in life.

- Create a place for your loved one in your heart that leaves room for new relationships.
- Find a balance between remembering your loved one and moving forward.

Learn More



Emotion



Understanding Your Emotions



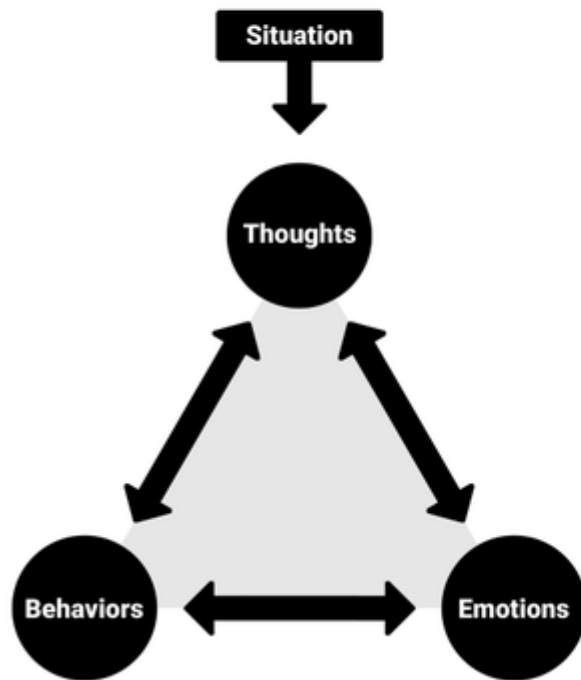
Big Feels and How to Talk About Them

The Cognitive Triangle

How we think, feel, and behave influences one another. This means that if you change your thoughts, you can change the way you behave/react.

The Cognitive Triangle

The **cognitive triangle** shows how thoughts, emotions, and behaviors affect one another. This means changing your *thoughts* will change how you *feel* and *behave*.



A **situation** is anything that happens in your life, which triggers the cognitive triangle.

Thoughts are your interpretations of a situation. For example, if a stranger looks at you with an angry expression, you could think: "Oh no, what did I do wrong?" or "Maybe they are having a bad day."

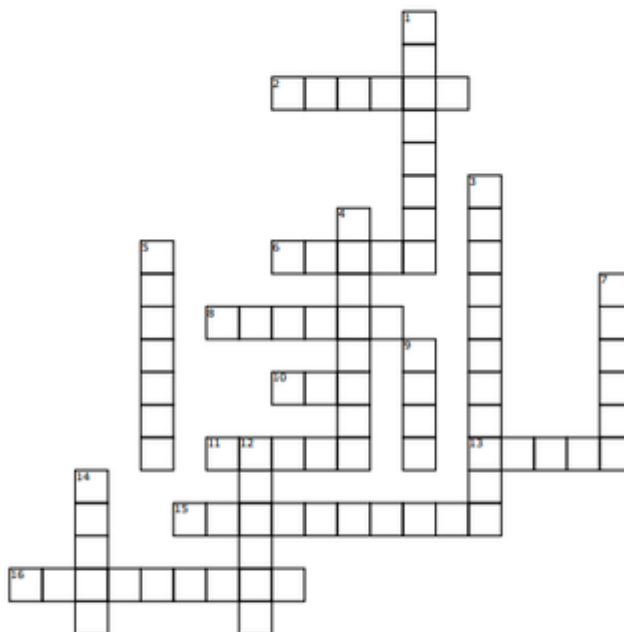
Emotions are feelings, such as happy, sad, angry, or worried. Emotions can have physical components as well as mental, such as low energy when feeling sad, or a stomachache when nervous.

Behaviors are your response to a situation. Behaviors include actions such as saying something or doing something (or, choosing not to do something).

Puzzle

Name: _____ Date: _____

Emotions



Across

2. What is feeling or showing love
6. What is feeling weary because one is unoccupied
8. What is fearful
10. What is feeling or showing sorrow
11. What is feeling or showing pleasure
13. What is having or showing a lack common sense

15. What is feeling or expressing distress and annoyance

16. What is feeling or showing excitement

Down

1. What is unable to think clearly
3. What is feeling or showing embarrassment
4. What is kind and pleasant

5. What is extremely angry

7. What is needing or ready for sleep

9. What is affected by physical or mental illness

12. What is cause to find something funny

14. What is having a strong feeling of showing annoyance

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