



FEELING IS HEALING!



A Publication by AQuarterBlue.org



Happy



Sad



Excited



Angry



Surprised



Worried



Confident



Scared



Content



Cranky



Is it wrong to feel all the different feelings you feel? Is there a problem with feeling sad, angry, worried, scared, or cranky? Are all these feelings bad? Should you always be happy, excited, surprised, confident, or content? Are all these feelings good? Are there good feelings and bad feelings?

No. No. No. No. No. And no.



Feelings are valid.

It is how you feel.

**However, sometimes feelings
get TOO BIG and you need to get
control.**



Happy



Everyone wants to be happy. However, sad and bad things happen, and you won't feel happy. Sometimes you may need to show sensitivity to others when they are sad, instead of being all smiles when a friend is crying.

When your BIG FEELINGS of happiness hurt others, it is time to get control and show kindness.

How can you be happy while showing sensitivity to others?

Sad



Being sad is an understandable feeling when you lose something.

Loss is painful, and sometimes you may cry. However, if you stay sad you may miss the new people and things around you that may help fill that emptiness you feel.

When your BIG FEELINGS of intense sadness keep you crying, angry, or sleeping too much, it is time to get control. How can you turn your sadness into happiness?



Being excited is an amazing feeling.

However, overexcitement can sometimes lead to out-of-control behaviors that might lead to you getting too loud or even too overwhelmed.

When your BIG FEELINGS disrupt others or make you overwhelmed, it is time to get control. How can you keep excited without getting overexcited?

Angry



Being angry is an understandable feeling when you are sad, fearful, disappointed, frustrated, or anxious.

It is okay to be angry for a while. However, if you stay angry, you are only hurting yourself and possibly others.

When your BIG FEELINGS hurt yourself or someone else, it is time to get control.

How can you turn your anger into feelings of excitement for better things to come?

Surprised



Being surprised is fun.

**A surprise may be a present,
seeing a friend, or a party.**

**However, some surprises are
scary and lead you to fight
back, run, or freeze.**

**When your BIG FEELINGS of
surprise make you scared or
worried, get help. Get safe. How
can I get safe when I experience
a negative surprise?**

Worried



Being worried is an understandable feeling when you feel out of control. However, worry can lead you to do right, because you are concerned about something bad happening. Worrying about getting in trouble may lead you to make good choices to keep you safe and healthy. When your BIG FEELINGS of worry start to take over and you are gripped with fear, it is time to get control. How can you turn your worry into a reason to do good not a reason to do nothing?

Confident



Being confident is very helpful and important. Confidence can help you reach goals.

However, too much confidence can sometimes make others feel less valued and may make you think that you do not need to put in the effort to reach your goals. When your BIG FEELINGS of confidence hurt others or your ability to be your best, it is time to get control. How can you keep confident without hurting yourself or others?

Scared



**Being scared sounds negative.
However, fear sometimes is a
good warning that something
or someone is not safe.**

**If you feel scared of someone
or something, check in with a
trusted adult.**

**When your BIG FEELINGS of
being scared keep you crying,
isolated, or unable to move,
it is time to get control.
How can you turn being scared
into confidence?**

Content



**Being content opens the door
for more peace and joy.**

**However, sometimes being
content leads you to not take
action when others need help.**

**Sometimes you may need to
take action to help make things
safe and right. Get a trusted
adult's help to do what is
right and safe. When your BIG
FEELINGS of being content make
you not want to help others,
it is time to get control.**

**When do you need to awaken
BIG FEELINGS to help others?**

Cranky



Being cranky is an understandable feeling when you are hungry and tired.

Eating healthy foods and sleeping throughout the night are very important.

If you stay cranky you may rob your day of happiness, contentment, and adventure.

When your BIG FEELINGS of cranky keep you and others miserable, it is time to get control. How can you turn your crankiness into contentment, happiness, or adventure?

It is okay to feel all the different feelings you feel.

It is not a problem to feel happy, sad, excited, angry, surprised, worried, confident, scared, cranky, or content.

However, it is important to know the difference between positive and negative responses and healthy feelings.

Make sure you are not hurting yourself or others with BIG FEELINGS.

Know when you need to get control and shift your feelings so you are your best for yourself and others.

**Feelings are valid.
It is how you feel.**



A Quarter Blue



Empower
Protect & Heal
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Parents and caregivers, please have continued conversations with the young people in your lives. Talk through their feelings, so that they learn to regulate their emotions in healthy manners. Also, show yourself grace as you regulate your own feelings in all you experience.



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