

# Riding the Feeling

Pause. Notice. Let it move.



## Settle In

- Feel your feet on the ground.
- Press them down gently.
- Take a slow breath in... and out.



## Name the Feeling

What are you feeling right now?

Angry

Worried

Sad

Another feeling: \_\_\_\_\_



Calm / Small

Very Big

All feelings are okay — we're just noticing how big it feels.

## One Small Step

What is one small thing you can do next?

(Ask for help, take a break, have a drink, sit with someone)

\_\_\_\_\_



What helped move it down even a little?

After the feeling passes, what small step could help you feel a little better?