

# ALL FEELINGS MATTER

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Healthy human beings have so many different feelings.

Feelings are like signposts, they tell us things.

Pay attention to your feelings.

Name your feelings.

Trust your feelings. Really trust your feelings.

Feelings are like visitors, they come and they go.

Feelings are “catchy”. Watch out for this.

Respect your feelings. Don’t dismiss them.

Big feelings are okay.

Small feelings are important too.

Sometimes feelings can surprise us.

No need to be scared of feelings.

Don’t feel bad about your feelings.

No feelings are “bad”.

Feelings can be confusing, try talking about your feelings with someone.

Some feelings seem light.

Other feelings can be heavy to carry so try sharing them with a trusted person.

Some feelings seem very “dark”, talking about them shines a light on them.

Sometimes we can get “stuck” in a feeling.

We can choose to turn our attention towards a different feeling.

Move your body to help tame a feeling.

Tip out your feelings by writing about them or drawing them.

We can learn to tame big feelings.

You are responsible for how you respond to your feelings.

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