

Feelings Exercise

An emotion is more than just a feeling. It is a physiological response comprising not only our experience of “feeling” (anger, sadness, or joy, for example) but the whole body. Observing and describing emotions can help us to experience them, to live in this one moment, and to take care of ourselves by recognising what we need instead of ignoring or suppressing it.

What are you feeling right now? Can you name it? Perhaps you’re feeling more than one emotion. How many?



Are You AWARE of How You Are Feeling Now?

