

RESILIENCY

Resiliency In The Moment: Acknowledge Your Feelings

“This too shall pass.”

- Persian adage

It's okay not to feel okay.

1. Consider what feelings you're experiencing right now and why.
2. Acknowledge that your feelings are valid.
3. Accept what you're feeling right now.
4. Take a few deep breaths.
5. Affirm that this too shall pass.

Acknowledging your emotions keeps them from being bottled up or transferring them to someone or something unrelated. "This too shall pass" acknowledges that the present state is not permanent; we will get through this. Treat yourself with kindness.

Bonus: Use the Name That Emotion activity to further explore your emotions: resiliency.bjclearn.org/PDFs/034208.pdf



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