

Understanding My Ocean



Ship Mate

Think of a big emotion you experience regularly.
Here are six steps to help you work through your emotions.

1 NOTICE

What am I feeling right now?



2 WHAT IS HAPPENING?

What is happening or what made me feel this way?

3 HOW DOES IT FEEL IN MY BODY?

Where do I feel it?
What does it feel like?



4 WHAT DO I NEED RIGHT NOW?

What would help me feel better?



Take deep breaths

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Quiet Time

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Do something I enjoy

☐


Move my body

☐


Talk to someone

☐


Mindfulness

☐

5 CHANGE MY THINKING

What unhelpful thought can I change?

Unhelpful thought



Kinder thought

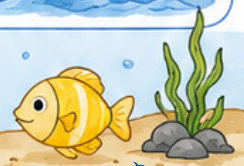


6 LET IT GO AND KEEP GOING

What can I remind myself?



MY PROMISE TO MYSELF



I will be kind to myself when I have "Big" feelings.