

NMNG

WHEN YOU'RE FEELING...

Strong emotions can be overwhelming and unmanageable in any given moment causing us to lean into coping strategies that likely only mask or push down our pain. Ironically the more we avoid or cover over pain- the stronger it gets. Adopting healthier ways to acknowledge and heal our emotions builds resilience and opens us to experience more joy and freedom.

Being Hungry, Angry, Lonely, Tired or Stressed are triggers (HALTS). What are a few loving and affirming ways to self-care when you need to HALT? Write choices in right column and post where you can see it.

HUNGRY

Reach for healthy food to fuel your body. No one overeats on kale and carrots.

ANGRY

Anger usually isn't anger. Feel the emotion beneath.

LONELY

Loneliness is a choice. Reach out and connect.

TIRED

Exercise when you're tired.

STRESSED

TV does not alleviate stress!