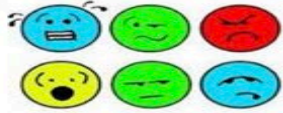




PERMISSION TO FEEL

by Marc Brackett



Your **FEELINGS** impact your life in **5** important areas:

- LEARNING
- DECISION-MAKING
- RELATIONSHIPS
- HEALTH - PHYSICAL & MENTAL
- CREATIVITY

UNLOCKING THE POWER OF EMOTIONS TO HELP OUR KIDS, OURSELVES, AND OUR SOCIETY THRIVE



Recognize

You need to pause throughout the day and check in with your mind and body.

AT THIS EXACT MOMENT, WHAT IS MY EMOTIONAL STATE?

Understand

Be an "emotion scientist" Why are you feeling this way? What's causing it?

WHAT COULD HAVE TRIGGERED THIS FEELING?

Label

Put your feelings into words. Be specific. Broaden your emotional vocabulary.

ARE YOU: SAD? MELANCHOLY? UNFULFILLED?

Express

Converting emotions into words improves your health. Talk about your problems or write them down.

FIND PEOPLE WITH WHOM YOU FEEL SAFE BEING VULNERABLE.

Regulate

Experts recommend three strategies for regulating emotions:



- 1 Perform positive self-talk in the **third person**.
- 2 Reframe your feelings in a **positive** way.
- 3 When you feel a negative emotion, ask: "What would my **best self** do?"

WHAT WOULD YOUR BEST SELF DO?



How do you make RULER easier?

- Spend time with family and friends.
- Pursue passions and pastimes.
- Get in touch with your spiritual side.

- Immerse yourself in nature.
- Read a good book.
- Watch a funny movie.