



# THE EMOTIONS WHEEL

## HOW TO USE THE EMOTIONS WHEEL

1. Look through all the emotions on the wheel. Do any jump out at you?
2. As you name what you are feeling, think about what that means to you.
3. Spend a few minutes journaling your insights.



## 14 WAYS TO MAKE A HARD DAY BETTER

1. **It's Okay to Cry** - If it feels like once you start, you might never stop, set a timer to build in a healthy boundary.
2. **Tell Your Story** - There's no right or wrong way to express grief. You can speak it, paint it, sculpt it, dance it, bake it, journal it, craft it, color it, or sketch it. It's entirely up to you.
3. **Ask For What You Need** - It's okay to ask for what you need, even if that's a hug or a little company so you're not alone.
4. **Get Moving** - Everything counts: getting out of bed, folding laundry, making a sandwich, dancing to a playlist, climbing the stairs, or taking a shower.
5. **Snuggle Up** - A favorite sweatshirt or a soft blanket can be really comforting on a challenging day.
6. **Favorite Foods** - Reach for healthy food first. Grief is hard work and it takes a lot of energy.
7. **Spend Time Outside** - Fresh air is good for body, mind, and soul.
8. **Take a Shower** - Feeling clean makes a difference, even if all you do is crawl right back into bed.
9. **Laugh with Friends** - Laughing is a gift, even if it makes you cry. Emotions can be all over the place during grief.
10. **Feed Your Brain** - Make a list of audio books, music, podcasts, and videos to watch. They're a great distraction.
11. **Thank God for One Good Thing** - Being thankful can be hard during grief, *but there is always something to be thankful for* - sunshine and blue skies, a call from a friend, a sweet pet, a favorite sweater, a great song, even a favorite dessert.
12. **Stay Connected** - Spend time with friends, on the phone or in person. It makes a big difference.
13. **Be Good to Yourself** - Treat yourself to something fun, like a hike with friends, lunch at your favorite restaurant, a movie night, or a new haircut. Grief is a difficult journey. Being good to yourself is an important part of the process.
14. **YOU ARE LOVED.** As you are. Always. No matter what. In spite of how you feel. *You are a child of God and you are dearly, deeply, and perfectly loved.*