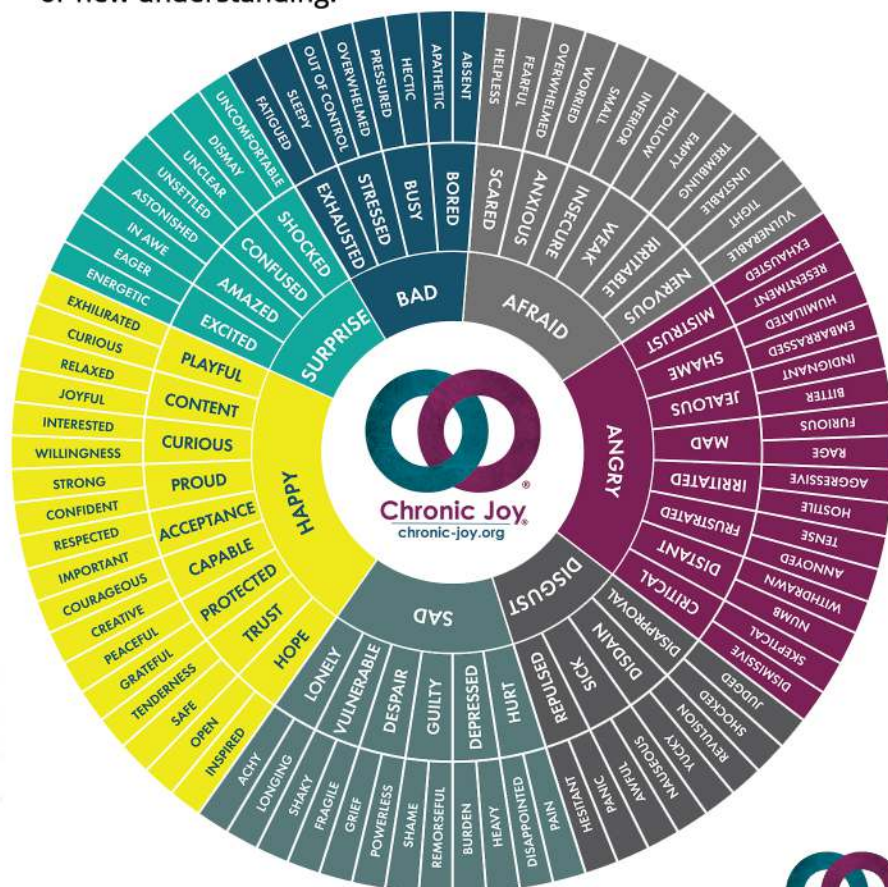


THE EMOTIONS WHEEL

HOW TO USE THE EMOTIONS WHEEL

1. Start at the center and choose one of six primary emotions.
2. Follow the color out to the second ring and choose the next most accurate emotion. Continue to the third ring and choose the most accurate of those emotions.
3. Spend a few minutes thinking about and journaling your insights or new understanding.



14 WAYS TO MAKE A DIFFICULT DAY BRIGHTER

1. **Make Time for Tears** – Tears are cleansing, but can sometimes feel as if they'll swallow us whole. Setting a timer can create a protective boundary for our overwhelming emotions.
2. **Tell Your Story** - Expressing grief can be done through words or we can paint, sculpt, sing, dance, bake, journal, knit, carve, craft, build, garden, or sketch it. There are many ways to express grief.
3. **Permission to Ask** – It's OK to ask for what we need, even if it's asking others please just listen, to offer a hug, or to steer clear of all unhelpful clichés.
4. **Challenge Yourself to Move** – All movement counts, including getting out of bed, folding the laundry, making dinner, dancing to a playlist, walking around the block or up and down stairs, stretching, or even taking a shower.
5. **Splurge on Soft Tissues** – A little softness is comforting when we're grieving.
6. **Cuddle Up** – A soft flannel, a favorite sweatshirt, or warm blanket can help us feel warm and protected on a difficult day.
7. **Favorite Foods** – Stock the cupboards with healthy food that is quick and easy to prepare.
8. **Spend a Little Time Outside** – Fresh air offers a change of scenery, and a new perspective, reminding us that God is still in control.
9. **Shower** – Feeling clean makes a difference, even if all we do is put on fresh pajamas and crawl right back into bed.
10. **Share a Good Laugh** – Calling a friend or loved one who can make us laugh in the messy midst of grief is a precious gift.
11. **Nourish the Mind** – Keeping a list of books, podcasts, and TED Talks offers an easy distraction for grief-weary minds.
12. **Thank God for One Good Thing** – Gratitude can be difficult to feel during grief, but there is always *something* to be thankful for – sunshine through a window, a phone call from a friend, a handwritten card, a warm sweater, a great cup of tea, or really good chocolate.
13. **Stay Connected** – Time with others, on the phone or in person, can make a big difference on hard days.
14. **Being Good to Ourselves** – Treating ourselves to a beautiful hike, lunch with a friend, a great cup of coffee, or a brand new book might be the perfect pick-me-up on a difficult day.