



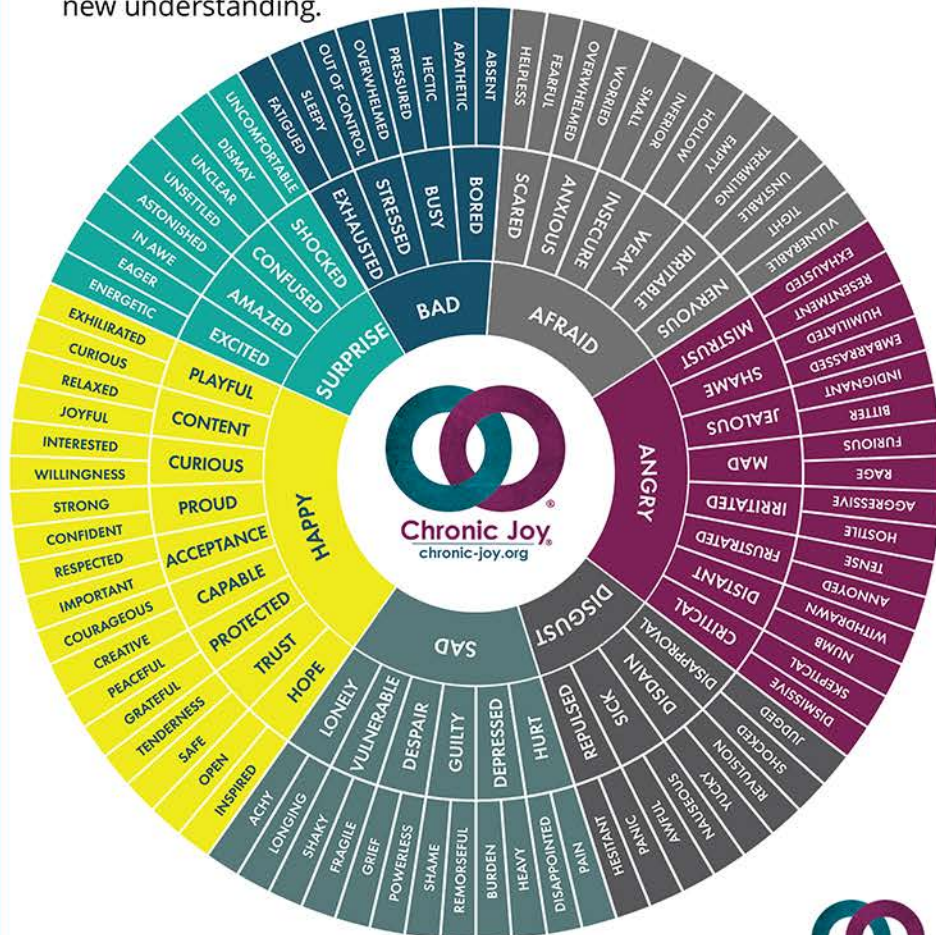
**CHRONIC JOY®**

Ministering to those affected by:  
Chronic Illness, Mental Illness,  
Chronic Pain, & Disability

## THE EMOTIONS WHEEL

### HOW TO USE THE EMOTIONS WHEEL

- Start at the center and choose one of six primary emotions.
- Follow the color to the second ring and choose the next most accurate emotion. Continue to the third ring and choose the most accurate of those emotions.
- 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 like 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 to please listen, offer a hug, or steer clear of 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 showering.
5. **Splurge on Soft Tissues** – A little softness is comforting when grieving.
6. **Cuddle Up** – A soft flannel, a favorite sweatshirt, or a warm blanket can help us feel comforted 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 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 our grief-weary minds.
12. **Thank God for One Good Thing** – Gratitude can be challenging amid grief, but there is always something to be thankful for through a window, a phone call from a friend, a handwritten card, a handwritten card, 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.

Visit [chronic-joy.org](http://chronic-joy.org) for more resources.



[chronic-joy.org/emotions-wheel](http://chronic-joy.org/emotions-wheel)

