

LIFE HACKS

2 Simple Strategies to Help You Manage Your Feelings in Healthy Ways

01 CREATE A "FEEL GOOD PLAN"

- Create a list (write it down) of things you can think, say or do when you're experiencing all the feels that don't feel so good.
- 3 things that should be on everyone's list are movement, helpful self-talk, and deep breaths.
- 2 things that should never be on a Feel Good Plan are vices and screens. Distracting doesn't help with processing.

02 NAME YOUR FEELINGS

- Give your feelings a voice by properly identifying them.
- Don't make stories up about why you are feeling the way you are. They are probably old stories and not helpful.

? THE WHY BEHIND THE 3 HACKS

FEELINGS ARE JUST INFORMATION -
Don't Make Them Worse Than They Are

- Our autopilot or brain wiring means we might have very unhelpful interpretations of our experiences and feelings.
- Your autopilot mostly comes from early life experiences so don't give them too much value.

SELF-AWARENESS IS A GAME CHANGER
- Make the Unconscious Conscious

- Simply put, we can't change what we don't know is happening so notice your feelings and the stories you tell yourself and decide if you want to keep them or change them.

✓ HOW TO MAKE IT HAPPEN

PRACTICE, PRACTICE, PRACTICE - *Use the Strategies Often*

- Practices makes better and requiring your brain from reactive to responsive takes consistent work.
- When, not if, you revert to old patterns of dealing with feelings, simply notice it and have a do over.

ASK YOURSELF HELPFUL QUESTIONS - *Be Curious About Your Experiences*

- Helpful questions include "What am I feeling?", "What is the story I'm telling myself right now?", "Is this story an old one or one that I'm choosing?", "What is the most generous interpretation of the situation that I can offer?", "How can I offer myself compassion in this moment?", "What can I do differently next time?"