Mindfulness and Feelings

When practicing mindfulness, you learn about many feelings you can have. Use this handout to learn about how mindfulness can help you handle your feelings.

Using mindfulness can help you:

• **Notice and put a name to your feelings.** By putting a label to your feelings, it can help you better cope with strong feelings.

• **Be more open and welcoming to all feelings** (even the not-so-great ones).

• **Deal with hard feelings and learn from them.** Mindfulness helps you learn to sit with your feelings.

• **Take time to enjoy the good moments in life.** It lets you focus on what you are grateful for.

How to know what emotions you are having:

There are many feelings that you can have. Labeling feelings helps you stop thinking too much and notice what is happening in the moment. You can use the STOP method* so that you can pause and notice what you are feeling.

<table>
<thead>
<tr>
<th>S</th>
<th>Stop.</th>
</tr>
</thead>
<tbody>
<tr>
<td>T</td>
<td>Take a breath.</td>
</tr>
<tr>
<td>O</td>
<td>Observe. Look around you.</td>
</tr>
<tr>
<td>P</td>
<td>Proceed with your day.</td>
</tr>
</tbody>
</table>

• **Notice how your body feels when certain feelings come up.** Write down words that name what you are feeling in that moment.

• **Keep a journal.** Write about what you are feeling during your day or week. Write about what you felt. Was it good, bad, or in-between? Were the feelings you felt very strong? How did your body feel when you had these feelings?

*Goldstein, E. (2012), *The now effect: How this moment can change the rest of your life.* New York: Atria Books