

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.

S	Stop.
T	Take a breath.
O	Observe. Look around you.
P	Proceed with your day.

- **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