

Know and Let Go

It can be difficult to sit with some of our feelings. Noticing and naming them can be a powerful way of learning to let those feelings go.

Try checking in with yourself so you can learn to know your feelings, what triggered them and then let them go.

I'M FEELING...

BECAUSE...

TAKE A DEEP BREATH IN FOR THE COUNT OF 3.
HOLD FOR 3.
BREATHE OUT FOR THE COUNT OF THREE, AND
LET THE FEELING GO.