

# DEALING WITH FEELINGS...

*especially in these challenging times!*

offered by Linda K. Williams 4-28-20 LKW\_BetterWorld@yahoo.com

## 1. Identify, own, and respect your feelings!

Hard to name your feelings? Maybe this can help; here's a list of 353 Feelings Words -- did we miss any?  
<https://lkwbetterworld.files.wordpress.com/2015/06/ws-feelings-words-2-p-w-c-from-l-s-qr-6.pdf>

## 2. Talk about your feelings -- express yourself!

## 3. Write about your feelings... maybe in a daily journal, or just whenever / however.

## 4. Draw about your feelings -- and/or use collage, paint, clay or some other media.

## 5. Exercise! Outdoors when possible/ allowed -- regular indoors work-outs, too

## 6. Relax / do deep breathing / visualize ...

## 7. "Green Time" -- Time spent with plants -- out in nature whenever possible, also indoors with houseplants and/or growing plants from seeds -- has proven helpful in many ways!

## 8. Last but NOT least --- MUSIC can energize, encourage, calm, comfort, uplift, de-stress, and bring us joy!

\* Listen to music... \* Dance! \* Exercise to music!

\* Sing your favorite songs...

\* Play a musical instrument (including "drumming" on whatever!)...

\* Write your own songs!

And, these songs may help -- set for free download!

\* It's OK to Feel --- <https://betterworld.bandcamp.com/track/its-ok-to-feel>

LYRICS: [http://www.betterworld-resources.com/images/BetterWorld/Documents/CDK-Conflict\\_Management.pdf](http://www.betterworld-resources.com/images/BetterWorld/Documents/CDK-Conflict_Management.pdf)

\* I'm Dealing with my Feelings --- <https://betterworld.bandcamp.com/track/im-dealing-with-my-feelings>

LYRICS: [http://www.betterworld-resources.com/images/BetterWorld/Documents/Caring\\_and\\_Sharing.pdf](http://www.betterworld-resources.com/images/BetterWorld/Documents/Caring_and_Sharing.pdf)

\* Little Bits of Beauty --- <https://betterworld.bandcamp.com/track/little-bits-of-beauty>

LYRICS: Song #5 in [http://www.betterworld-resources.com/images/BetterWorld/Documents/Way\\_to\\_Go-For\\_Positive\\_Youth.pdf](http://www.betterworld-resources.com/images/BetterWorld/Documents/Way_to_Go-For_Positive_Youth.pdf)

\* Lemons into Lemonade --- <https://betterworld.bandcamp.com/track/lemons-into-lemonade>

LYRICS: Song #4 in <http://www.betterworld-resources.com/images/B>