

DEALING WITH FEELINGS...

especially in these challenging times!

offered by Linda K. Williams 4-28-20 / YouTube links: 11-22-20 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-gr-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! Links for free streaming are below (copy and paste links into browser as needed); lyrics on following pages:

* It's OK to Feel ---

https://www.youtube.com/watch?v=MSaRqMikCmM&list=OLAK5uy_kw6aTs5dEm_UxrS59m1RBnyW8zCDMLZ7E&index=5

* I'm Dealing with my Feelings --

https://www.youtube.com/watch?v=yxrD52hDvbl&list=OLAK5uy_nJfi5rDvfszvD_4qkRSSENpxhGqcy5NDc&index=5

* Lemons into Lemonade --- <https://www.youtube.com/watch?v=8uz558kVGjs>

* Little Bits of Beauty --- <https://www.youtube.com/watch?v=7RM54eB0GNs>

Think and Share Invitations

Suggested introduction: Someone may have told you, "Don't feel angry ... or sad... or scared..." or "You shouldn't feel...". They may have been concerned about what you might do while angry, and maybe they were uncomfortable dealing with your feelings. Actually, it is important -- and healthy -- for each of us to be honest with ourselves about how we're feeling, and why.

- * Think and share about a time when you did identify your own uncomfortable feelings, and dealt with them without hurting anyone because of how you were feeling.
- * Where in your body do you feel the emotions in the song? (angry, sad, scared, jealous)
- * What are some healthy ways to dealing with uncomfortable feelings?

PLEASE NOTE: Lyrics in parentheses are sung by a second singer.

1

It's OK... (Yes, it's all right.)
to feel angry,... (Y'know, I get so mad!)
And it's OK... (Don'tcha know, it's all right!)
to feel sad. (You can cry---it may help.)
And it's OK.. (And really normal, too...)
to feel scared, or jealous, or blue,
But it's not OK to hurt someone
because of how you feel!
 No, it's not OK... (No, it's never OK!)
 to hurt someone... (Use your self-control!)
 because of how you feel!

2

When I used to feel... (like we all often do)
uncomfortable feelings, (like anger or fear)
I tried to pretend... ('Cause those feelings scared me!)
that everything was just fine; (but it wasn't---not at all)
But then I found... (with my tummy tied in knots)
I took it out on family and friends!
So now I take that anger and turn it into energy
 to do someone some good!
Now I take that anger and turn it into energy
 to do someone some good!

3

Some people may say, (Yes, some may say...)
"Oh, don't be angry." ("Don't get so mad!")
And some may say, (They may also say...)
"Oh, you mustn't be sad." ("Keep those tears inside!")
I've heard others say, (And others may say...)
"You shouldn't be scared or
jealous---what's wrong with you?"

But my feelings are mine, I've got a right to feel 'em,
And I can't just wish them away.
Yes, my feelings are mine, I've got a right to feel 'em,
And I can't just wish them away.

REPEAT VERSE 1, BEGINNING WITH "Yes..."

Words and music copyright 1990 by Linda K. Williams Lead Singer and Producer Patricia Mikkelsen
Dedicated to Alta Bantz, who respected and validated my feelings. Thanks!

YouTube link for CARING AND CAPABLE KIDS, VOL. 2 album:

https://www.youtube.com/playlist?list=OLAK5uy_kw6aTs5dEm_UxrS59m1RBnyW8zCDMLZ7E

Amazon.com link for album: <https://www.amazon.com/Caring-Capable-Kids-Vol-2/dp/B08H4JH4M7>

Think and Share Invitations

- * Think and share about a time when you identified and respected your feelings, and dealt with them in a healthy way.
- * Think and share about a time when you did one or more of the following:
 - you were honest with yourself about how you felt, and why
 - if you didn't understand just what it was you felt, you looked inside yourself and puzzled it out
 - someone special helped you talk it out, and figure out your feelings, so that you could name them
 - you drew, painted, or wrote about how you felt

CHORUS; PART A:

I'm dealing with my feelings. Whatever they may be,
I will respect and own them; they're a special part of me.
I'm honest with myself about how I feel---and why;
'cause dealing with my feelings is important for a healthy life!

BRIDGE: But sometimes I don't understand just what it is I feel...

CHORUS, PART B:

So, I'll look inside myself and see if I can puzzle it out;
often, special people can help me talk it out.
Sometimes I'll draw or paint or write about what I feel---
and it helps when I can call my feelings by name;
that helps me deal...with...them.....

FEELINGS VERSES:

Maybe it's ANGER--- "I'm so ANGRY, I could just explode!"
or DISAPPOINTMENT--- "I'm DISAPPOINTED that didn't work out."
Maybe SADNESS--- "I'm so SAD---I'm gonna cry!"
or EMBARRASSMENT--- "I'm so EMBARRASSED, I want to hide!"

Maybe FEAR--- "I'm so AFRAID; I'm really SCARED!"
Or FRUSTRATION--- "I'm so FRUSTRATED--- nothing's going right!"
Maybe CONFUSION--- "I'm so CONFUSED---I don't know what to think or do!"
or JEALOUSY--- "I'm really JEALOUS---I wish that were me!"

CHORUS, VARIATION OF PART B:

Yes, I looked inside myself and I was able to puzzle it out;
also, special people really helped me talk it out.
I drew a picture and wrote a bit about what I was feeling---
and it helped for me to call my feelings by name;
that helped me deal...with...them.....

CHORUS; PART A:

Yes, I'm dealing with my feelings. Whatever they may be,
I will respect and own them; they're a special part of me.
I'm honest with myself about how I feel---and why;
'cause dealing with my feelings is important for a healthy life!
Yes, dealing with my feelings is important for a healthy life!

Please note: more feelings could be added in additional verses Words and Music © 1995 by Linda K. Williams
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YouTube link for CARING AND SHARING album:

https://www.youtube.com/playlist?list=OLAK5uy_nJfi5rDvfszvD_4qkRSSEnpxhGqcy5NDc

Amazon.com link for album: [https://www.amazon.com/Caring-Sharing-Linda-K-](https://www.amazon.com/Caring-Sharing-Linda-K-Williams/dp/B08L7FC3MY/ref=sr_1_1?dchild=1&keywords=Linda+K.+Williams&qid=1606085768&s=dmusic&sr=1-1)

[Williams/dp/B08L7FC3MY/ref=sr_1_1?dchild=1&keywords=Linda+K.+Williams&qid=1606085768&s=dmusic&sr=1-1](https://www.amazon.com/Caring-Sharing-Linda-K-Williams/dp/B08L7FC3MY/ref=sr_1_1?dchild=1&keywords=Linda+K.+Williams&qid=1606085768&s=dmusic&sr=1-1)

♫ LEMONS INTO LEMONADE (2:54) ♫

Think and Share Invitations

Suggested introduction: Think about the things in your life (in the past, and also now) that you see as "lemons" -- that is, things that you've been very unhappy about, worried about, and/ or stressed out about. The word "lemonade" refers to things in your life that bring you joy, and can be the result of your own positive attitude and actions to make the best of some "lemons" in your life.

- * Think and share about what lemons in your life you have been turning into lemonade -- and how you've been doing it.
- * What are some other lemons in your life that you believe you can turn into lemonade, and how will you work on making things better?
- * Think and share about the importance of tuning in to your feelings and thinking things through when dealing with a lemon in your life.
- * Think and share about the lemons in your life that you can't control or change, and how you're dealing with accepting and making the best of those things, "taking it in stride."
- * What are several different ways you can choose to act when something is not going your way?
- * Think and share about some positive actions you could choose if you were faced with the examples of lemons given in the song: ~ if you move away from all your friends, ~ if your parents get divorced, ~ if your dog runs away

1ST CHORUS: (X = clap)

Lemons into lemonade, (X, X)

Lemons into lemonade, (X, X)

Lemons into lemonade, (X, X)

Lemons into lemonade, (X, X)

I can turn lemons into lemonade,
you can turn lemons into lemonade,
We all can turn lemons into lemonade,
so let's turn lemons into lemonade!

(1)

Sometimes life hands us a lemon, we don't like at all what's come our way.
We may feel we've no control over what's going to be, it may seem we don't even have a say.
It's best to sit right down and figure out what can be changed and what cannot, and
accept and make the best of what we cannot change, and work hard to change what we can!

2ND CHORUS:

Yes, we turn our lemons into lemonade,
We turn our lemons into lemonade, we turn our lemons into lemonade, we turn our lemons into lemonade.

(2)

Though we don't have it in our power to order the whole universe,
I see we can work to make our little corner of it the best that it can be.
Sometimes I want to give up and say, "Poor me! I guess this is how my life's going to be!"
Or I may blame others for the fix I'm in; that's just a waste of my energy!

3RD CHORUS:

But I turn my lemons into lemonade,
I turn my lemons into lemonade, I turn my lemons into lemonade, I turn my lemons into lemonade.

(3)

There are lots of lemons life hands us, and each one of us has to decide
if we'll take each lemon and sit there puckered up --- or just take it in stride!
So, if you move away from all your friends, your parents get divorced,
your dog runs away and you're feeling way off course,
tune in to your feelings and think it through; make the bitter better---make a dream come true!
TAKE THOSE SOUR LEMONS, AND YOU CAN MAKE SOME SWEET LEMONADE!

REPEAT 1ST CHORUS (ALL 8 LINES), THEN END WITH

Lemons into lemonade, (X, X) -- Lemons into lemonade, (X, X)

Lemons into lemonade, (X, X) -- Lemons into lemonade, (X, X)

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YouTube link for album: https://www.youtube.com/watch?v=KHAfJO2yYr4&list=OLAK5uy_n91EDqkTNymCR-QO88CJmwlvih2Cu-OP4

Amazon.com link for album: https://www.amazon.com/Caring-Capable-Kids-Vol-Drug-Free/dp/B08H4HGKTX/ref=sr_1_2?dchild=1&keywords=drug-free...+that%27s+me%21&qid=1606096976&s=dmusic&sr=1-2

♪ LITTLE BITS OF BEAUTY (5:30) ♪

Think and Share Invitations

- Suggested introduction: As a step in "noticing and appreciating little bits of beauty," try looking closely at about a square inch of any surface -- your pants' leg, your desk or table, the floor, anything outdoors -- leaves, bark, the soil, the sidewalk -- and discover what you may have never noticed before. It might help to use your hands -- or a square "window" cut into a piece of paper -- to frame that small space to really observe it carefully.
- * Think and share about how it can make our lives better and bring us more joy, delight, and happy surprises when we do take the time to notice and appreciate little bits of beauty around us throughout our day.
 - * What did you notice for the first time about the textures, colors, details and patterns, sounds, and fragrances around you?
 - * Think and share about how you can "keep all your senses live"--- and what your favorites are ... to smell, to taste, to touch, to hear, to see.
 - * Where all do you find little bits of beauty in your life?
 - * Think and share about how noticing and appreciating little bits of beauty can help boredom be a stranger -- that is, to keep you from ever being bored.
 - * Think and share about how noticing and appreciating others' little acts of kindness can help enrich the lives of others, as
 - * In what ways do you think that making this a habit could help people avoid looking for entertainment / excitement/ "flashy thrills" in ways that could be harmful (for example, drugs)?

1

I see little bits of beauty everywhere I chance to rest my eyes.
All the wonders that surround me never cease to delight and surprise me.
I don't need flashy thrills or big things to impress or entertain me all the time.
When I notice and appreciate the beauty all around me, I do fine.

REFRAIN: Notice and appreciate little bits of beauty,
Notice and appreciate...ooh-ooh.

2

I used to take so many things for granted when I looked but did not see.
Now boredom is a stranger; I observe my surroundings carefully.
I see sparkles in the sidewalk, many colors in the bark on a tree---
So many fascinating details and patterns and textures to see. **REFRAIN**

3

There're so many joys and pleasures that don't jump out to razzle-dazzle me.
I've found that beauty of all kinds is waiting quietly for my discovery.
Keeping all my senses live I now enjoy what I used to just ignore.
I love to hear the chirp of crickets, smell the rain, taste a berry, touch a leaf---and so much more. **REFRAIN**

4

When I look into your eyes I see the beauty of the spirit that's in you;
and I notice and appreciate your little acts of kindness, too.
Yes, there's beauty in all people that has nothing to do with what meets the eye;
Now I look for it and celebrate the qualities each one has inside. **REFRAIN**

REPEAT VERSE 1, & VARY THE LAST LINE, AS FOLLOWS:)
When I notice and appreciate...notice and appreciate...
notice and appreciate the beauty all around me, I do fine.

REFRAIN (the tune of last "ooh-ooh" varies, as in the recording)

Copyright 1991 by Linda Kay Williams; with fond memories of Camp La Verne Lead Singer and Producer Patricia Mikkelsen
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YouTube link for album: https://www.youtube.com/watch?v=KHAfJO2yYr4&list=OLAK5uy_n91EDqkTNymCR-QO88CJmwlviH2Cu-OP4

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