

DEALING WITH FEELINGS...

especially in these challenging times!

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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 -- set for free download!

* **[It's OK to Feel](https://www.youtube.com/watch?v=MSaRqMikCmM&list=OLAK5uy_kw6aTs5dEm_UxRS59m1RBnyW8zCDMLZ7E&index=5)** --- https://www.youtube.com/watch?v=MSaRqMikCmM&list=OLAK5uy_kw6aTs5dEm_UxRS59m1RBnyW8zCDMLZ7E&index=5
LYRICS: http://www.betterworld-resources.com/images/BetterWorld/Documents/CDK-Conflict_Management.pdf

* **[I'm Dealing with my Feelings](https://www.youtube.com/watch?v=yxrD52hDvbl&list=OLAK5uy_nJfi5rDvfvzD_4qkRSEnpxhGgcy5NDc&index=5)** --- https://www.youtube.com/watch?v=yxrD52hDvbl&list=OLAK5uy_nJfi5rDvfvzD_4qkRSEnpxhGgcy5NDc&index=5
LYRICS: http://www.betterworld-resources.com/images/BetterWorld/Documents/Caring_and_Sharing.pdf

* **[Little Bits of Beauty](https://www.youtube.com/watch?v=7RM54eB0GNs)** --- <https://www.youtube.com/watch?v=7RM54eB0GNs>
LYRICS: Song #5 in http://www.betterworld-resources.com/images/BetterWorld/Documents/Way_to_Go-For_Positive_Youth.pdf

* **[Lemons into Lemonade](https://www.youtube.com/watch?v=8uz558kVGjs)** --- <https://www.youtube.com/watch?v=8uz558kVGjs>
LYRICS: Song #4 in <http://www.betterworld-resources.com/images/B>