



Workbook for webinar series: **Teens Coping with a “New Reality”**

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*Amazing*

*Sad*

**How do I feel today?**

**Caring**

*Joyful*

*Angry*

*Relaxed*

**Blissful**

**Frustrated**

# Emotion List

All your feelings matter! It's essential to continue to grow and explore your feelings and describe them by using an expanding vocabulary of words. Use this sheet daily to reflect on your emotions. You can keep adding words in the columns.

pleasure	beaming	unhappy	nervous	pleased	afraid
joy	beautiful	hopeless	anxious	content	alarmed
happiness	beloved	gloomy	scared	relaxed	bored
amusement	besotted	miserable	panicked	calm	tired
pride	blissful	lonely	stressed	joyful	broken
awe	bold	brokenhearted	worried	serene	
excitement	boundless	brotherly	angry	loving	
guilt	blessed	blue	annoyed	accepting	
shame					
grief					

## Name the Feeling

When we feel anxious or worried, our body can react in different ways. For example, you may feel:

- Tired/sleepy
- Your heart beating fast
- Fearful
- Heavy
- Tense
- Your mind racing
- Like you expect the worst
- Avoidant
- Sweaty
- Jittery
- Restless

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Answer the questions below. You can write, draw or scribble how you felt. While reflecting, consider these questions: What happened? How did I handle the situation or feeling? What could I do differently?

- If you experience anxiety, how do you feel?
  
  
  
  
  
  
  
  
  
  
- Think about the last time you felt worried. How did your body feel, physically? How did you respond?

## FEELING ANXIOUS?

You can try different ways to reduce your anxiety.

1. Breathing in and out slowly. (Square breathing: breathe in for four seconds, hold breath for four seconds, exhale for four seconds, hold breath for four seconds.)
2. Talk to someone you trust.
3. Get active: walk, stretch or do a physical activity you enjoy.
4. Get enough sleep and eat healthy foods.
5. Turn off your phone; take a break from social media.
6. Write down in words how you are feeling.
7. Draw a picture of how you feel.
8. Use positive affirmations every day to help manage your mood. Repeat these affirmations to yourself when feeling anxious.
9. Write your own tip. For example: "I am afraid of doing something wrong. So, I will take three deep breaths and tell myself I will do my best."

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# Checking in with yourself

Checking in with yourself is an essential idea to learn. Here are some questions to ask. You can reply by writing, drawing or just talking to yourself. Remember to use positive language with yourself, such as “I am doing my best.”

- What have I achieved today?
- How am I feeling?
- Where have I been today?
- What did I see or do?
- How did it make me feel?
- Do I know why I am feeling this way?
- Who can I talk to about how I am feeling?
- What have I learned?

# Checking in with your feelings

Here are some questions to help you check in with your feelings. Write, draw or doodle answers to the prompts below.

You can use the Emotion List for descriptive words to help you express your thoughts. Remember to use positive language when speaking to yourself. **Example:** "I feel sad, but it's healthy to feel sad because all my feelings are valid."

- When was the last time I felt sad?
  
- When was the last time I felt happy?
  
- When was the last time I felt \_\_\_\_\_ ? (Put in another feeling you want to write about.)

# Growth mindset

Having a growth mindset means thriving on self-understanding. It means being open, curious and reflective.

It's essential to view emotions as just information. Try not to label emotions as bad or good or right or wrong.

Instead, think to yourself, "I am a learner. What have I learned from my mistakes? What can I do better next time?"

**Be flexible with yourself.**

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How can I challenge myself?

- Try to stay open, curious and reflective.
- View emotions as information.
- Tell yourself, "I am in learner mode."

# Journaling

Directions: Write or draw answers to the questions below. You can focus on one entry a day, or more if you like. The choice is yours! Focus on using a growth mindset.

- What challenges did I overcome today?
- What strategies have I developed?
- What can I do to make my work the best it can be?
- What can I say to myself when I find things are difficult?
- What can I learn from difficult situations?
- Where is my anger coming from?
- What does success feel like?

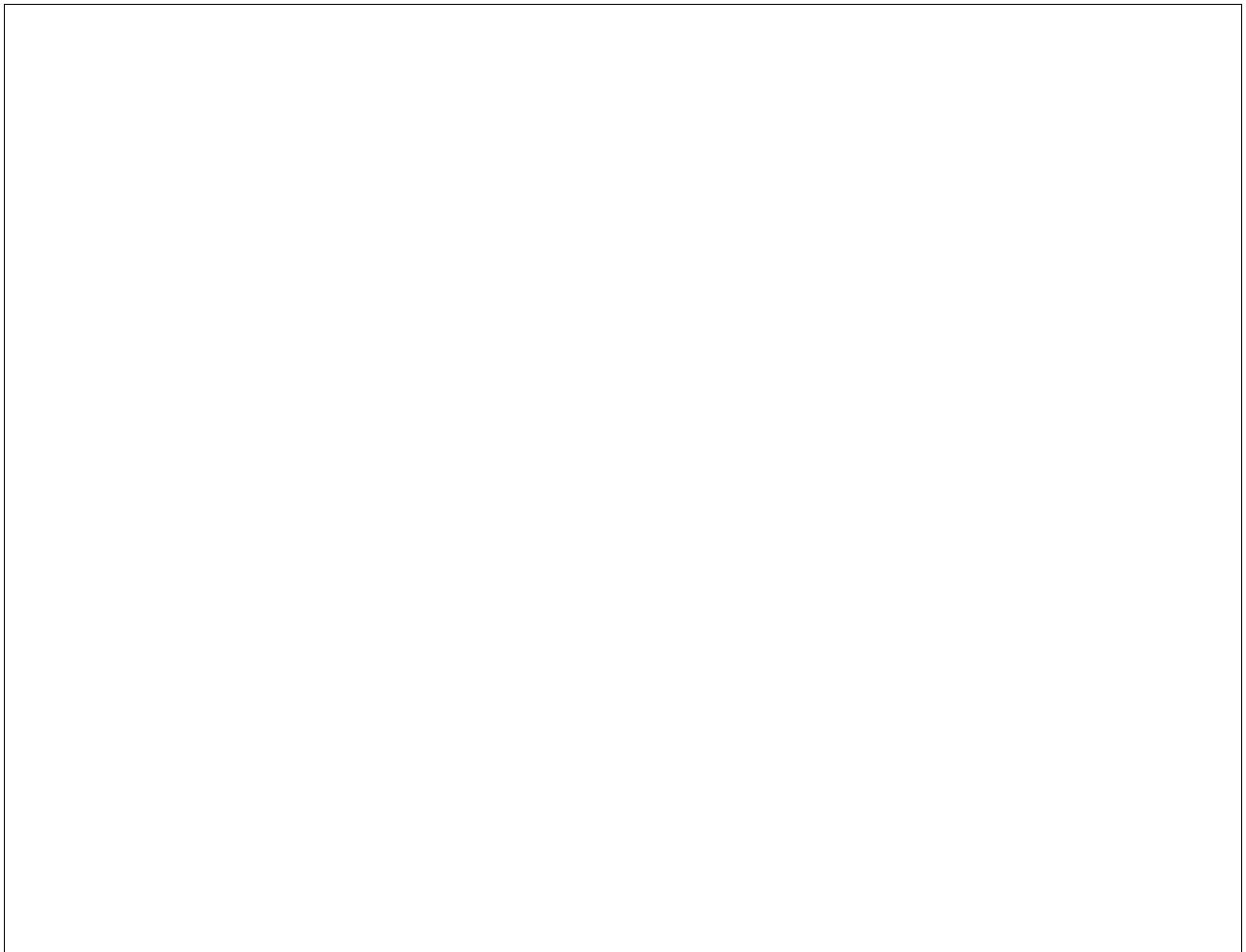
**Reminder:** Be flexible with yourself. Emotions are valuable and important. Stay away from putting labels of “good” or “bad” on emotions.



# My Worry

Name your worry: \_\_\_\_\_

Then write about, or draw, your worry in the box below.

A large, empty rectangular box with a thin black border, intended for the user to write about or draw their worry.

# What Can I Do to Solve a Problem?

Problems come in different sizes. Some we can solve quickly. Others are harder to solve. When this is the case, it's important to break down the problem into smaller pieces. This will help keep you from feeling overwhelmed.

- What is the problem? (Write, draw or think.)
  
- Have you had this problem before?
  - If yes, what worked well before?
  
- What choices do I have?
  
- What do I want the outcome to be?
  
- Who can I ask for help if I need support?
  
- What is within my control?
  
- What is outside of my control?
  
- What is the best solution?

# Self-Portrait

Draw a self-portrait -- HAVE FUN!

YOUR NAME:



## Be Kind to Your Mind: Relax!

Whenever you feel anxious, you can try one of the relaxation strategies below. The more you do these things, the better you get at it. Be patient with yourself.

1. Take a deep breath. Slowly breathe in and out.
2. Have a drink of water.
3. Color in a picture.
4. Count to 10 slowly.
5. Write it down.
6. Talk to someone you trust.
7. Sit down in a calm place.
8. Have a clean environment around you (this will help with your overall well-being).

Can you think of other ways to relax? Write them down.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_