

BOTTLED UP EMOTIONS

INSTRUCTIONS: Below, circle a feeling (& color the bottle above it) that you have avoided, ignored, or masked (aka “bottled up”).



ANXIETY



ANGER



SHAME



SADNESS



GUILT



DESPAIR



SCARED



WORRY



OVERWHELM



FRUSTRATION



PAIN



HOPELESSNESS



STRESS



LONELINESS



GRIEF



INSECURITY



FEAR



DISAPPOINTMENT



REJECTION



VULNERABLE



TIRED



JEALOUS



HURT



EMBARRASSMENT

INSTRUCTIONS: Learning to express and manage our feelings and emotions in a healthy way is an important skill to have. When they arise, what positive coping skills have you practiced? What other skills might you want to try in the future? Look at examples at the bottom of the page, then below, write them in the giant droplets that came out of the bottle.



COPING SKILLS I MIGHT TRY:

- Talk to someone (a professional, friend, family)
- Take calming deep breaths
- Crying it out
- Count 1 to 10
- Take a bath
- Go for a walk
- Exercise – sports
- Listen to calming music
- Play a musical instrument
- Be creative – do art
- Gardening
- Listen to calming music
- Read a book
- Journal – write & draw
- Get some sun
- Go out in nature (river, mountain, beach)
- Bake, cook
- Read a book
- Pet a cat or dog
- Join a support group
- Yoga
- Pray or meditate
- Dance
- Sing