

How Am I Feeling? Which Part Of Me Needs My Care?



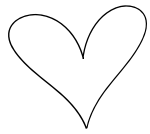
My body

I feel restless → I need movement. I can stretch, work out or go for a walk.

I feel tired → I need rest. I can take a nap, or go to bed early.

I feel lethargic → I need rest, hydration, healthy food, less unhealthy substances.

I feel pain → I can stop forcing myself to keep up with life, I can stop pushing myself too hard. I can start listening to my body. I can set my own pace.



My heart

I feel lonely → I can connect with a loved one through a phone call or a visit.

I feel sad → I need to acknowledge, feel and accept my pain or emotions coming up. I can pour out my feelings in a journal or talk to someone I trust.

I feel angry

I feel anxious, worried, nervous → I need to shut down my thoughts. I can take a hot bath, a nap, meditate or go to bed early. I can immerse myself in creative play, read or listen to something interesting.



My mind

I feel frustrated → I need to take a step back and breathe deeply. I can approach this task again with a clear mind, and tackle one small step at a time.

I feel overwhelmed → I need to slow down. I can focus on one thing at a time, instead of multiple things at once. I need to love myself anyway, even before I complete whatever I'm focusing on.

I feel bored → I need to work on a hobby or passion, have fun, play! I need to learn something meaningful.



My soul

I feel moody, agitated, irritable → I need to tune into my inner self. I need some quiet alone time to hear myself think, to hear my inner voice. I can go for a walk in nature, meditate, journal, nap, or spend time on a hobby or allow time for creative play.

I feel depressed, hopeless, lost, despair → I need to listen to my inner self. I need to connect to my soul, nature, the universe. I can go for a walk in nature, spend time by a body of water or in a forest. I can practice gratitude, pray, meditate, journal, read a spiritual book, read inspirational quotes, or listen to an inspiring podcast. I can remember I am always guided. I can trust and tap into my faith.