MINDAMITY

Awaken • Align • Evolve

Name What You Feel

Sometimes, finding the words for how we feel
can help us understand what we need.

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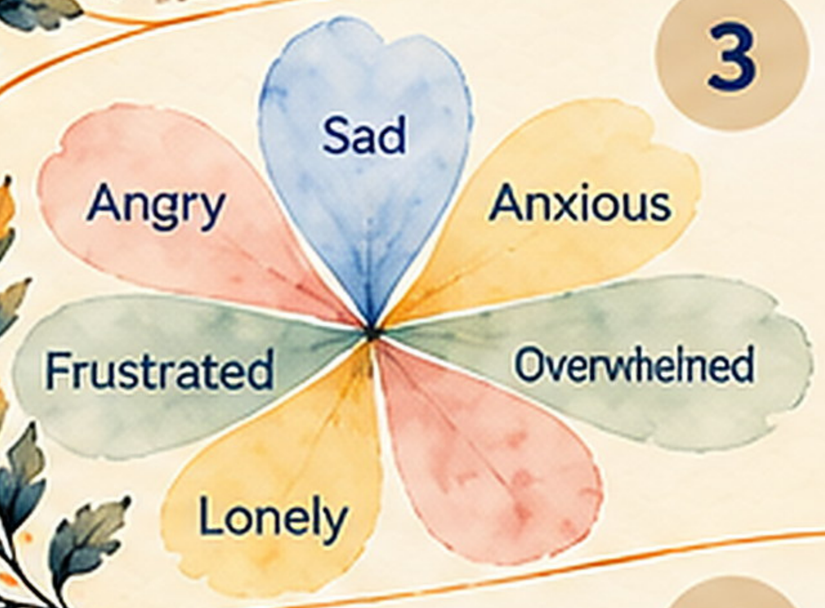
1 Pause and notice

Take a moment to stop whatever you're doing, if you can.
Notice how you're feeling right now. You don't have to change anything or make sense of it just yet. Simply acknowledge that something is here.

2 Listen to your body

Before looking for a word, notice what your body might be telling you.
Perhaps there's tightness in your chest, a knot in your stomach, warmth in your face or a heaviness in your shoulders.
You might not notice anything in particular, and that's fine too.



3 Find a word for the feeling

Ask yourself, What am I actually feeling?
Perhaps your first answer is stressed, upset, anxious or fed up.
Can you gently explore a little further? Instead of fed up, perhaps you're disappointed, frustrated, lonely, hurt or overwhelmed.
You might discover more than one feeling. There's no need to choose just one.

4 Get curious about what lies beneath

Now that you've found a word, gently ask yourself:
What might be behind this feeling?
Perhaps you're disappointed because something you hoped for hasn't happened. Perhaps you're hurt because you didn't feel heard.
Or perhaps you're anxious because something feels uncertain.
You don't need to analyse everything. You're simply giving yourself a chance to understand.

5 Respond with kindness

Ask yourself: Now that I understand a little more about how I'm feeling, what might *I* need?
Perhaps it's reassurance, a conversation, some rest, a boundary or simply a moment to let the feeling be there. You don't need to act on every emotion. Sometimes recognising and naming it is enough for now.

A little space for you

Right now, I notice ...

The feeling I would name is ...

I think this feeling might be connected to ...

One kind thing I could offer myself is ...

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