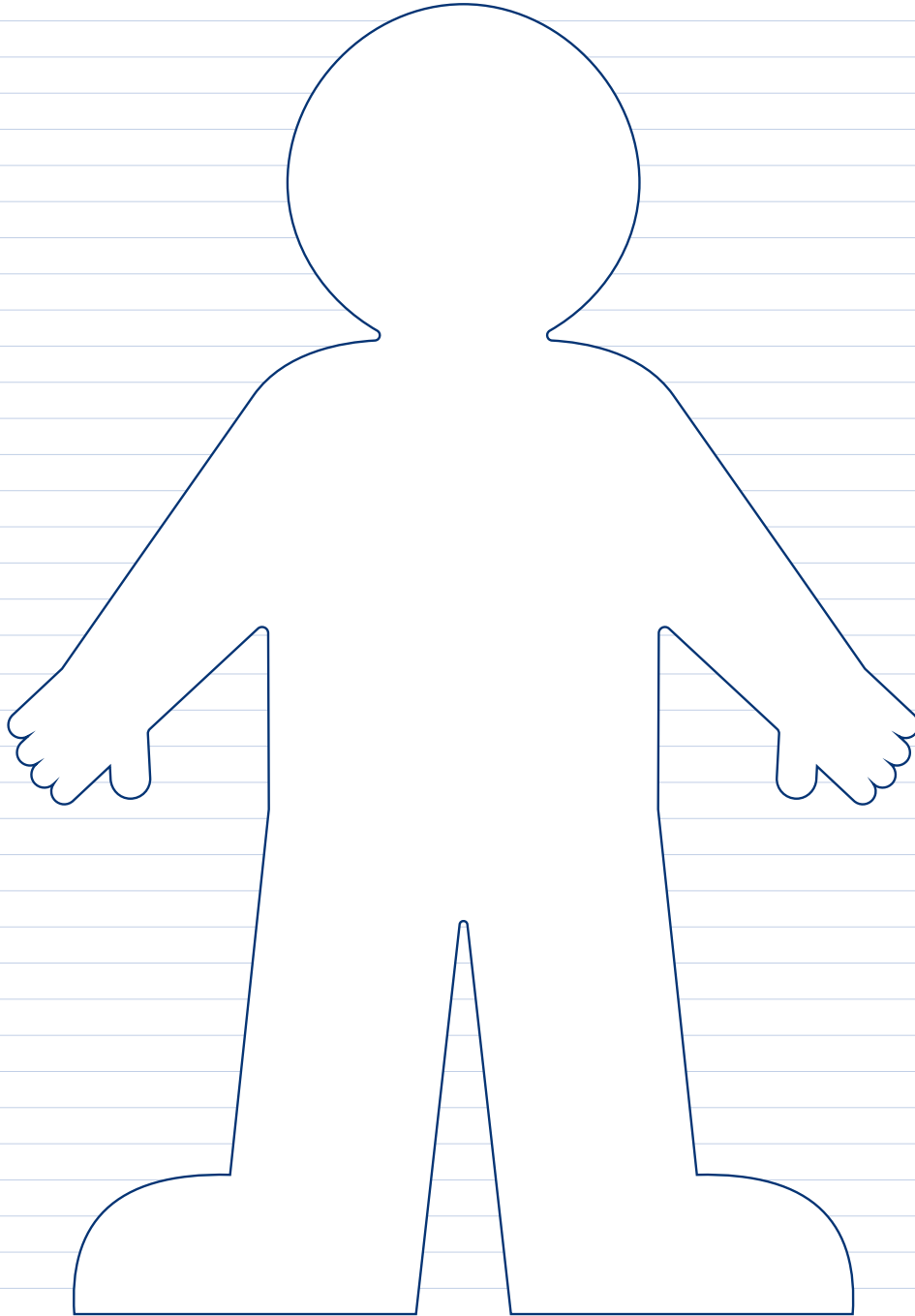




ACTIVITY





ACTIVITY

Think back to the last time you felt angry ...

What happened?

Who was there?

Where and when did this happened?

Why do you think this happened?

What sensations are you noticing in your body?

Examples: Tense muscles, clenched jaw, areas that seem hot or cold, making a fist, heart rate increasing, sweating

On the image provided on the first page and in the colour that represents your anger, colour the areas of the body where you notice or feel anger.





ACTIVITY

Think back to the last time you felt anxious ...

What happened?

Who was there?

Where and when did this happen?

Why do you think this happen?

What sensations are you noticing in your body?

Examples: Tense muscles, clenched jaw, areas that seem hot or cold, making a fist, heart rate increasing, sweating

On the image provided on the first page and in the colour that represents your anxiety, colour the areas of the body where you notice or feel anxiety.

Try doing the same thing with a different emotion such as sadness or happiness!

Using a different colour that represents that emotion colour the body outline on the first page in the areas you notice that emotion.





ACTIVITY

Examine the results on the first page.

Ask yourself:

- Are there any areas where the colours overlap?
- Do you sometimes feel your anger when you're also anxious?
- Which emotion seems to make your body react more?
- Is there an area on your body where you feel emotions the most?
- Is there an area on your body where you first start to notice your emotions?
- Do you notice any patterns?

Now that you are more aware of where in your body you feel the most emotions, what mindfulness techniques and coping skills do you think you might use?

Looking for ideas? Try a Mindful Moment body scan!

