

Emotional Permission and Safety – Knowing our Best Selves

Creating a context around our emotional experiences is an important way to increase our sense of safety with big emotions. Learning to identify with our personal strengths can help us bring our best selves to any emotional experience. We are not defined by our feelings alone and can get better and better at choosing our actions.

PERMISSION TO FEEL
by Marc Brackett

Your **FEELINGS** impact your li
in **5** important areas:

- LEARNING 🍎
- DECISION-MAKING 🍊
- RELATIONSHIPS 🍎
- HEALTH-PHYSICAL & MENTAL 🍏
- CREATIVITY 🌈

UNLOCKING THE POWER OF EMOTIONS TO HELP OUR KIDS, OURSELVES, AND OUR SOCIETY THRIVE



Recognize You need to pause throughout the day and check in with your mind and body.

AT THIS EXACT MOMENT, WHAT IS MY EMOTIONAL STATE?

Understand Be an "emotion scientist". Why are you feeling this way? What's causing it?

WHAT COULD HAVE TRIGGERED THIS FEELING?

Label Put your feelings into words. Be specific. Broaden your emotional vocabulary.

ARE YOU: SAD? MELANCHOLY? UNFULFILLED?

Express Converting emotions into words improves your health. Talk about your problems or write them down.

FIND PEOPLE WITH WHOM YOU FEEL SAFE BEING VULNERABLE.

Regulate Experts recommend three strategies for regulating emotions:

- 1 Perform positive self-talk in the **third person**.
- 2 Reframe your feelings in a **positive** way.
- 3 When you feel a negative emotion, ask: "What would my **best self** do?"

WHAT WOULD YOUR BEST SELF DO?