

Hard Times Toolkit – Discover Exercises to Manage Emotions

■ Emotion Naming Practice

Sit quietly and ask yourself: What is this emotion? Where do I feel it in my body? Use an emotion wheel or list if helpful. Naming emotions reduces their intensity and builds awareness.

Emotion Journaling

- ✍️ ■ Write about what happened, how you felt, what you needed, and how you can support yourself now. Let your words flow without judgment.

■ Emotional Drawing

Pick a color and create shapes, lines, or free drawings that reflect your mood. Title the piece after finishing to give your emotion a name or context.

■ Thought Reframing

Write down a troubling thought. Ask: Is this 100% true? What's a gentler or more hopeful version of this thought?

■ Talk to the Emotion

Imagine your emotion is a person. Ask it why it's here and what it wants you to know. Write a kind response back. This builds self-compassion.

Move Through It

- Choose a movement—walk, stretch, dance, or shake. Let the emotion flow through your body with each movement. Physical release helps emotional release.

■ Grounding + Gratitude

Use the 5-4-3-2-1 method: 5 things you see, 4 you touch, 3 you hear, 2 you smell, 1 you taste. Then write or say 3 things you're grateful for.