



MANAGING *my feelings*



The "Notice, Name, Normalize" technique effectively manages emotions and enhances self-awareness. Together, these steps can empower you to confront your feelings constructively, making it easier to respond rather than react. Over time, this technique can lead to greater emotional resilience and a healthier relationship with your feelings.

NOTICE

Do a body scan or breathing exercise to become aware of your mental & physical state.

Reflect on the thoughts, feelings, and physical sensations you are experiencing.

Write out your thoughts and how your body is feeling:

NAME

Next, name/identify how you are feeling by simply saying, "I'm facing a stressful moment and this is difficult."

Acknowledge it without judging yourself.

Identify how you are feeling below:

NORMALIZE

Now, recognize what you're feeling is part of being human.

Imagine that you are talking to a good friend about the same feeling. What would you say to them?

Write down what you would say to a good friend in this situation: