



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 4 Action Guide: Emotions

Labeling Emotion

The week, isolate the Sensation and Emotion parts of your practice of Pause. Notice a bodily sensation and then label the emotion that accompanies it.

Practice noticing, welcoming, acknowledging and labeling. Then, feel your feet against the floor and take some deep breaths and see if it doesn't pass in less than 3 minutes. If you get stuck here, listen to the Regulation Meditation.

Label, without judgment, the emotions you are experiencing (refer to the list below):

Here is a list of feeling words to broaden your emotional vocabulary:

https://www.cnvc.org/sites/default/files/feelings_inventory_0.pdf