

WHEN EMOTIONS FEEL HEAVY - LET IT "RAIN"



Strong feelings are not a problem to fix.
They are something to move through.

R - RECOGNISE IT

What am I actually feeling? Angry? Embarrassed? Jealous?
Stressed? Say it clearly in your head - 'I feel...'

Naming it takes away some of its power.

A - ALLOW IT

Do not push it away or pretend it is not there.
You do not have to like the feeling.
Just let it exist for a moment.

Feelings pass faster when you stop fighting them.

I - INVESTIGATE IT

Get curious, not harsh. What set this off?
Did something happen, or did it remind me of something older?
What do I need right now?

Understanding the feeling helps you respond, not react.

N - NURTURE YOURSELF

Talk to yourself the way you would talk to a friend.
"I am allowed to feel this."
"This is hard, but I can handle it."

**Then choose one small action that helps - step outside, message
someone safe, put music on, move your body, or just breathe.**



Emotional Wellbeing Program
A programme of support for Post Primary Schools

