

FEELINGS ACTIVITY PAGE

Use this page to draw or write about what you're feeling. Whether you draw or write, both are ways to pray to God and share how you're feeling.

When we talk about compassion, we usually do so in terms of having compassion for someone other than ourselves. **But it is essential to have compassion for ourselves.** Especially now, when COVID-19 has entirely disrupted our daily life.

One act of compassion you can practice this week is naming your emotions. When we name our feelings, we become aware of how a situation is affecting us and how we can have compassion for ourselves and others. When we've caused hurt, we make the necessary repairs in our relationships.

Do an internet search for "feelings wheel" or "emotion wheel." Find one you like, and if you can, print it out and place it somewhere visible in your home.

Check in with yourself or your family/group a few times a day. Using the emotion wheel, ask, "what are you feeling right now," and identify the emotion on the wheel. Remember, there are no right or wrong feelings. It can also be an excellent time to remember no feeling is final.

