

# All the feels: identifying what you're feeling and how to process it

## We all have feelings.

At any given moment, we can go from joy to anger, despair or sadness and then bounce back to happiness. We're designed to be emotionally resilient.

Most of us are not comfortable with our feelings. We learn to suppress our emotions almost as soon as we can communicate.<sup>1</sup> However, denying your emotions only causes them to build up. This can lead to physical issues ranging from sleep problems and decreased immune function to heart disease and chronic illness.<sup>1</sup> At the same time, expressing everything you feel could also be detrimental.

What is the right balance of expressing feelings in the moment versus suppressing them to deal with later? Each person's balance is different. One thing is for certain: You must know how to identify what you're feeling to deal with it.



That's where the coping guide is useful. It helps you dig deeper beyond your initial feeling of, for example, anger. Is your anger related to annoyance or resentment? The guide offers you helpful suggestions for each variation of feeling. It helps you recognize, address and manage your feelings.<sup>1</sup>

**Try our coping guide on the next page whenever you're not sure what you're feeling or what to do with it. It can help you name and process your emotions and help you feel better.<sup>2</sup>**

# Identify your feelings

1. Start with your overwhelming emotion.
2. Dig deeper and find how you feel.
3. Try the suggested activity to help manage your feelings.<sup>3</sup>

## Happy

<b>Joyful</b>	<b>Sing</b> Your favorite song
<b>Excited</b>	<b>Celebrate</b> Do a happy dance
<b>Proud</b>	<b>Reflect</b> On your hard work
<b>Amused</b>	<b>Laugh</b> With a friend
<b>Grateful</b>	<b>Thank</b> With a note
<b>Relieved</b>	<b>Relax</b> Rest quietly

## Sad

<b>Lonely</b>	<b>Connect</b> Talk to someone
<b>Disappointed</b>	<b>Create</b> Draw or paint
<b>Hurt</b>	<b>Comfort</b> Take a warm bath
<b>Powerless</b>	<b>List</b> All good things
<b>Unhappy</b>	<b>Play</b> Have fun
<b>Gloomy</b>	<b>Step outside</b> Get sun and air

## Surprised

<b>Astonished</b>	<b>Journal</b> Write it down
<b>Shocked</b>	<b>Soothe</b> With calm music
<b>Curious</b>	<b>Research</b> Look it up
<b>Confused</b>	<b>Ask</b> Get more info
<b>Startled</b>	<b>Settle</b> Take five deep breaths
<b>Amazed</b>	<b>Explore</b> Find out more

## Angry

<b>Annoyed</b>	<b>Soothe</b> Drink warm tea
<b>Frustrated</b>	<b>Re-think</b> Do it differently
<b>Irritated</b>	<b>Pause</b> Write down your feelings
<b>Furious</b>	<b>Exercise</b> Burn off steam
<b>Upset</b>	<b>Explain</b> Share your feelings
<b>Resentful</b>	<b>Express yourself</b> Share to clear the air

## Afraid

<b>Scared</b>	<b>Share</b> Talk it out
<b>Nervous</b>	<b>Breathe</b> Slow deep breaths
<b>Stressed</b>	<b>Focus</b> On your five senses
<b>Worried</b>	<b>Plan</b> Create simple steps
<b>Vulnerable</b>	<b>Nestle</b> Find a safe space
<b>Rattled</b>	<b>Count</b> Steady to 10

## Uncomfortable

<b>Uneasy</b>	<b>Listen</b> To what calms you
<b>Overwhelmed</b>	<b>Meditate</b> Sit, relax and focus
<b>Insecure</b>	<b>Cuddle</b> With a pet
<b>Discontent</b>	<b>Chill</b> Lie back and unwind
<b>Tired</b>	<b>Relax</b> Relish the quiet
<b>Tense</b>	<b>Unwind</b> Breathe deeply

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Call 855-TELADOC (835-2362) or log in to [teladochealth.com/primary360-aetna](https://teladochealth.com/primary360-aetna).

<sup>1</sup><https://www.psychologytoday.com/us/blog/mindfulness-insights/202312/pitfalls-of-suppressing-emotions-and-pros-of-processing-them>  
<sup>2</sup><https://www.psychologytoday.com/us/blog/commit/202411/the-emotion-wheel>  
<sup>3</sup><https://www.psychologytoday.com/us/blog/social-instincts/202405/2-ways-the-wheel-of-emotions-can-emotionally-empower-you>

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