

# Finding the words

Practicing identifying your feelings can be a good foundation for increasing your ability to manage your emotions as they surface.

Here is a feelings list. A good way to start is to find three words that best describe how you're feeling.

Accepting	Compassionate	Encouraged	Calm
Empathetic	Optimistic	Content	Safe
Powerless	Present	Sad	Incapable
Trusting	Disappointed	Trapped	Joyful
Lonely	Tender	Excited	Rejected
Self-loving	Happy	Upset	Vulnerable
Inspired	Disconnected	Guilty	Satisfied
Bored	Regretful	Angry	Indifferent
Sorry	Frustrated	Shame	Stressed
Impatient	Embarrassed	Depleted	Irritated
Useless	Edgy	Stressed	Fear
Frazzled	Courageous	Anxious	Overwhelmed
Brave	Hesitant	Tense	Capable

## Conversation starters

Talking about your mental health can be tough. Here are a few ways you might begin a conversation with someone you trust:

- 1 *I've been struggling a bit lately and need someone to listen. Is now a good time?*
- 2 *I'm not feeling like myself. Can we talk?*
- 3 *I saw something about [topic/feeling] that got me thinking, and I'd like to talk about how I've been feeling.*
- 4 *It's hard to talk about, but I'm feeling [name the feeling] and I'd appreciate your support.*
- 5 *I've not been feeling great lately, and I really need some help*
- 6 *I'm struggling at the moment and it's affecting my day-to-day life. I think I need some help.*