

# Feelings

Giving our feelings a name can help calm our brains.

- Look at the list of feelings. Which ones describe how you feel right now?
- Take a deep breath. Let it out.
- Try again later and see how you feel.

## How do you feel right now?

angry  
annoyed  
anxious  
bored  
burned out  
confused  
cranky  
depressed  
disgusted  
edgy  
embarrassed  
frustrated  
furious  
gloomy  
grief-stricken  
hopeless  
hurt  
insecure  
isolated

jealous  
lonely  
lost  
nervous  
overwhelmed  
resentful  
restless  
sad  
scared  
self-conscious  
sorry  
suspicious  
tense  
trapped  
uncomfortable  
unsure  
upset  
worried

adventurous  
amazed  
brave  
calm  
capable  
caring  
confident  
delighted  
determined  
eager  
energized  
excited  
free  
grateful  
happy  
hopeful  
inspired  
interested  
joyful

loving  
lucky  
optimistic  
passionate  
patient  
peaceful  
playful  
proud  
refreshed  
relaxed  
relieved  
satisfied  
serene  
thankful  
thrilled  
vibrant  
warm  
worthy