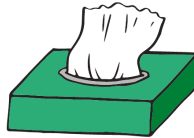




## Big Messy Feelings: Stop Sweeping Them Under the Rug

### Kleenex Box Analogy

First the Kleenex box



THEN the toolbox



Otherwise...



**“Let them feel”** – Janet Lansbury



Which emotions are hard for you to feel?

Which emotions are uncomfortable to be around?

## Co-Regulation

Soothe YOUR system, so that theirs soothes too.

- Do a body scan.
- Relax your muscles.
- Slow your breathing down.

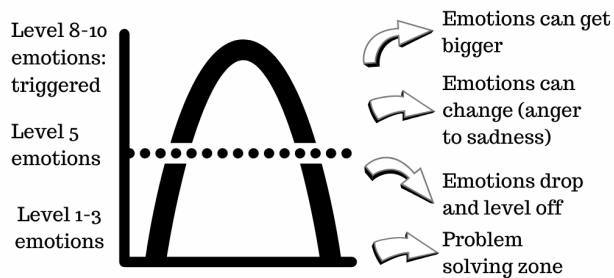
## Emotions Coaching/Emotional Validation

### Step 1 -

#### Let Feelings

#### Flow Out

- make listening sounds
- connect facial expressions to their feelings
- connect your tone to their feelings
- paraphrase (say back what they say)
- say their feeling "you seem SO sad"



## What do they need?

Some people need:	How do we know what they need?
<ul style="list-style-type: none"><li>• Hugs</li><li>• Touch</li><li>• Physical closeness</li><li>• Space</li><li>• Looking at them</li><li>• Looking away from them</li><li>• Share feelings and events</li><li>• Movement</li><li>• Space to be alone</li></ul>	<ul style="list-style-type: none"><li>• They will tell us</li><li>• They will yell at us</li><li>• They will show us</li><li>• They will bristle, run, move</li><li>• They will keep talking</li><li>• They will stop talking</li></ul>

## Emotional processing tools for campers who don't want to talk:

- |   |                         |
|---|-------------------------|
| • Scream-run                                      | Art                     |
| • Spray-paint                                     | Forest bath             |
| • Journaling                                      | Writing a letter        |
| • Solo walk or sit on a trail to process feelings | Contained space & quiet |


## Create a Mantra for those uncomfortable feelings:

# Mental Health Toolkit: Strong & KindCamp Staff Training

## Part 1 - Processing My Feelings:

**The supports I need:** Put a star next to the ones that work.   
Put a check-mark next to the ones I will try. ✓

I need:	How can I share what I need
<ul style="list-style-type: none"> <li>• Hugs</li> <li>• Touch</li> <li>• Physical closeness</li> <li>• Space</li> <li>• Look directly at someone.</li> <li>• Look away from them.</li> <li>• Share feelings and events.</li> <li>• Movement</li> <li>• Space to be alone</li> </ul>	<ul style="list-style-type: none"> <li>• I will tell you.</li> <li>• I will yell it at you.</li> <li>• I will show you.</li> <li>• I will bristle, run, move.</li> <li>• I will keep talking if comfortable.</li> <li>• I will stop talking if comfortable.</li> </ul>

**When I don't want to talk** - I will try:  
Check-mark next to the ones I will try. ✓ Put a star next to the ones that work. 

- Scream-run
- Spray-paint
- Journaling
- Writing a letter
- Art
- Forest bath
- Solo walk or sit on a trail to process feelings.
- Contained space & quiet.

**Naming feelings** can be a really soothing way to decrease stress. Have a look at this look at this emotions wheel and pinpoint how you are feeling right now.



What emotions are hard for you to feel?

Which emotions are hard to be around?

Mantras for when campers are feeling hard feeling for you:

**Remember:**

First you deal with your Kleenex Box, THEN pick up the toolbox!