

Talking About Your Emotions

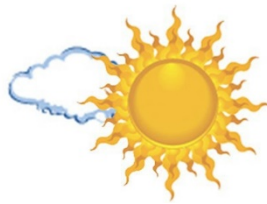
Most people talk about the weather all of the time, but not everyone talks about how they are feeling on a daily basis. Ironically while you can't change the weather by talking about it, talking about your emotions does help you feel better and can help you manage your anxiety. When you talk about your feelings, your brain produces more serotonin, a neurochemical which is a mood regulator. Talking about your feelings also brings you closer to other people, helping you develop a support network which can also be important in managing your fears and worries.

Try this exercise for one week. Make a copy of this chart for each day and circle your emotional weather at some point during the day, also noting the time of day. Write down three or four things that contributed to your moods. Then find someone to talk to about your feelings.

Day _____ Date _____



Bright & Sunny _____



Partly Cloudy _____



Overcast _____



Occasional Showers _____



Rain All Day _____



Stormy _____

Write down things that happened which contributed to you moods.

Write down someone you can talk to about your day: _____