Whole Family Wellness – Exploring Emotions

*Emotions aren’t the problem!*

Our goal isn’t to make our emotions go away, but to improve our relationships with them!

Hyperlinks to resources below are in blue!

**Tools and Strategies**

* **Changing our relationship with our emotions.** *The first step is acknowledging them and not ignoring them.*
  - What am I feeling? What am I feeling right now? Notice, feel, name
  - Where am I feeling it?
  - How would I describe it? Does it have a shape, color, movement?
  - What do I have the urge to do? What would happen if I acted on those urges?

* **How to make emotions our friend**
  - Be welcoming and make space for them. Notice, feel, name
  - Seek to understand through practicing curiosity. What can I learn here? [Link]
  - Suspend judgment. Try not to label or judge
  - Express gratitude for their purpose and intention

* **Emotions are our body’s way of communicating. You are the driver. You decide:**
  - Is this information reasonable or helpful?
  - How do I respond to this information?
  - Remember that we are not our emotions. Set boundaries.

* **Helpful tools to acknowledge our emotions at each stages in our life**
  - Child: FREE emotion charts and other tools to help your child identify how they are feeling. [Link]
  - Teens: [Resource 1] or [Resource 2]
  - Adults: [Link]

**Asking for Help:** SAY SD Family Resource Centers can help provide resources!

- **Family Resource Center (El Cajon Blvd).** Serving all of San Diego County
- **Crawford Community Connections.** Crawford school cluster and Mid-City area
- **Healthy Start Military Family Resource Center (HSMFRC).** All military & civilian San Diego families
- **Real Connections.** Lincoln school cluster area and Farb Middle School
- **Healthy Start Field Elementary.** Currently only for Field Elementary students and families
- **Healthy Start Perry Elementary.** Currently only for Perry Elementary students and families
- **Healthy Start Valencia Elementary.** Currently only for Valencia Elementary students and families

*Social Advocates for Youth San Diego (SAY SD) also offers parenting classes (for birth, foster, teen parents, new parents, and dads) and childcare services (preschool and before & after school programs)*

**Contact SAY San Diego at 858-565-4148 if you have any questions or are looking for personalized support!**