



## SAY San Diego

Social Advocates for Youth

Strengthening the Whole Child, Whole Family, Whole Community Since 1971

### 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!**