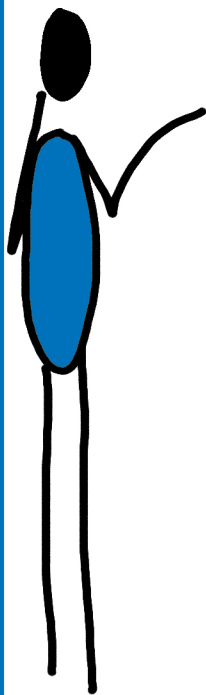


These are tough times

It's OK to let your feelings have some space



- Connected
- Disappointed
- Tender
- Stuck
- Hangry-on
- Lost & lonely
- Miserable
- Prayerful
- Furious
- Curious
- Worn down
- Heartbroken
- Alive in every cell
- Amazed
- Frozen
- Frail
- Optimistic
- Vulnerable
-

● Some ways to give those feelings some space

★ NAME THEM "I'm feeling frustrated" "This is fear"

★ EXPLORE THEM What colour is it? What shape?
What texture? Where does it live in your body?

★ DRAW THEM Grab a  or some  & make marks on some paper.

IT doesn't have to look good! ~~WAA~~  
(Terror) (Relief) (Stuckness)

★ MOVE IT How does it show up in your body?
make a shape make another

★ WRITE THEM DOWN, then destroy

* USE ONCE
& 