

# FEEL THE MOMENT

## Get the Message

joy, fear, anger,  
sadness, surprise, disgust,  
calmness, love, pride, jealousy,  
motivation, irritation, deceit,  
inspiration, hesitation, confidence,  
worry, astonishment,  
shame...

MOUVEMENT  
SANTÉ MENTALE  
QUÉBEC



Promouvoir. Soutenir. Outiller.

WE THANK:

Le ministère de la Santé  
et des Services sociaux



# 4 STEPS TO FEELING

**VALID ANYTIME!**

**Did you  
know?**

We spend **90%**  
of our waking time  
just feeling emotions!



For our well-being, we have to  
learn to tame them and to coexist  
harmoniously with them.

- 1 OBSERVE**  
without judging, what takes place  
inside you, in your body, in your heart  
and in your head.
- 2 EMBRACE**  
the emotion and try to name it.  
Make room for it. Set it aside for  
a while instead of shutting it out  
completely. Stay attentive, there  
may be more than one!
- 3 IDENTIFY**  
the need or needs related  
to the emotions you felt in order  
to understand what is happening  
and to act accordingly.
- 4 CHOOSE**  
to meet the need by taking into  
account what is best for you and being  
aware of the fact that you can act.