

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.