

# that feels better

# DIARY



With practise, 'that feels better' activities will make things feel better.

Like any new skill, these strategies get easier the more you practise.

# Suggestions for practising:

Try practising one activity twice a day until you get the hang of it. To begin with, it is better to practise when you are feeling calm. As you get better at it, it will be easier to use when you have feelings that don't feel good.



# 'that feels better' scale

Very Relaxed		Quite relaxed		In the	middle		Quite uneasy	Very uneasy	
1	2	3	4	5	6	7	8	9	10

Use this scale to rate your feelings before and after each activity.

If there is no difference, don't worry. Have another go. The more you practise, the more it will help!



#### Feelings Faces and Feelings Words

#### Each time you try this activity:

- Before you start, use the scale to rate your feelings
- \* Try the activity for at least 10 minutes
- Use the scale to rate your feelings again

#### Feelings Faces and Feelings Words:

1 <sup>st</sup> time		2 <sup>nd</sup> time		3 <sup>rd</sup> time		4 <sup>th</sup> t	ime	5 <sup>th</sup> t	ime	6 <sup>th</sup> time		
Rating		Rating		Rating		Rating		Rating		Rating		
start	end	start	end	start	end	start	end	start	end	start	end	



#### **Calming Pictures in Your Head**

#### Each time you try this activity:

- Before you start, use the scale to rate your feelings
- \* Try the activity for at least 10 minutes
- Use the scale to rate your feelings again

	1 <sup>st</sup> time		2 <sup>nd</sup> time		3 <sup>rd</sup> time		4 <sup>th</sup> time		5 <sup>th</sup> time		6 <sup>th</sup> time	
	Rating		Rating		Rating		Rating		Rating		Rating	
	start	end										
My Safe Place												
The Light Stream												
The Spiral												



# **Toolbox of Strategies**

#### Each time you try this activity:

- Before you start, use the scale to rate your feelings
- \* Try the activity for at least 10 minutes
- Use the scale to rate your feelings again

	1 <sup>st</sup> time		2 <sup>nd</sup> time		3 <sup>rd</sup> time		4 <sup>th</sup> time		5 <sup>th</sup> time		6 <sup>th</sup> time	
	Rating		Rating		Rating		Rating		Rating		Rating	
	start	end										
Details												
Activities												
Games & Puzzles												



#### **Toolbox of Strategies continued**

#### Each time you try this activity:

- Before you start, use the scale to rate your feelings
- \* Try the activity for at least 10 minutes
- Use the scale to rate your feelings again

	1 <sup>st</sup> time Rating		2 <sup>nd</sup> time Rating		3 <sup>rd</sup> time Rating		<b>4</b> <sup>th</sup> <b>time</b> Rating		5 <sup>th</sup> time Rating		6 <sup>th</sup> time Rating	
	start	end	start	end	start	end	start	end	start	end	start	end
Positive Talk												
Box Them												
Turn it Down, Off, or Change the Channel												





# **WELL DONE!**

Now you've practised, you can begin to use these activities whenever and wherever you need them. You can even teach others how to use them if you want!

Don't forget to try the 'that feels better' quiz!