



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 st time	2 nd time	3 rd time	4 th time	5 th time	6 th time
Rating	Rating	Rating	Rating	Rating	Rating
start end					

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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!