

# All the feels: identifying what you're feeling and how to process it

## We all have feelings.

At any given moment, we can go from joy to anger, despair or sadness and then bounce back to happiness. We're designed to be emotionally resilient.

Most of us are not comfortable with our feelings. We learn to suppress our emotions almost as soon as we can communicate.<sup>1</sup> However, denying your emotions only causes them to build up. This can lead to physical issues ranging from sleep problems and decreased immune function to heart disease and chronic illness.<sup>1</sup> At the same time, expressing everything you feel could also be detrimental.

What is the right balance of expressing feelings in the moment versus suppressing them to deal with later? Each person's balance is different. One thing is for certain: You must know how to identify what you're feeling to deal with it.



That's where the coping guide is useful. It helps you dig deeper beyond your initial feeling of, for example, anger. Is your anger related to annoyance or resentment? The guide offers you helpful suggestions for each variation of feeling. It helps you recognize, address and manage your feelings.<sup>1</sup>

**Try our coping guide on the next page whenever you're not sure what you're feeling or what to do with it. It can help you name and process your emotions and help you feel better.<sup>2</sup>**

# Identify your feelings

1. Start with your overwhelming emotion.
2. Dig deeper and find how you feel.
3. Try the suggested activity to help manage your feelings.<sup>3</sup>

## Happy

Joyful	<b>Sing</b> Your favorite song
Excited	<b>Celebrate</b> Do a happy dance
Proud	<b>Reflect</b> On your hard work
Amused	<b>Laugh</b> With a friend
Grateful	<b>Thank</b> With a note
Relieved	<b>Relax</b> Rest quietly

## Sad

Lonely	<b>Connect</b> Talk to someone
Disappointed	<b>Create</b> Draw or paint
Hurt	<b>Comfort</b> Take a warm bath
Powerless	<b>List</b> All good things
Unhappy	<b>Play</b> Have fun
Gloomy	<b>Step outside</b> Get sun and air

## Surprised

Astonished	<b>Journal</b> Write it down
Shocked	<b>Soothe</b> With calm music
Curious	<b>Research</b> Look it up
Confused	<b>Ask</b> Get more info
Startled	<b>Settle</b> Take five deep breaths
Amazed	<b>Explore</b> Find out more

## Angry

Annoyed	<b>Soothe</b> Drink warm tea
Frustrated	<b>Re-think</b> Do it differently
Irritated	<b>Pause</b> Write down your feelings
Furious	<b>Exercise</b> Burn off steam
Upset	<b>Explain</b> Share your feelings
Resentful	<b>Express yourself</b> Share to clear the air

## Afraid

Scared	<b>Share</b> Talk it out
Nervous	<b>Breathe</b> Slow deep breaths
Stressed	<b>Focus</b> On your five senses
Worried	<b>Plan</b> Create simple steps
Vulnerable	<b>Nestle</b> Find a safe space
Rattled	<b>Count</b> Steady to 10

## Uncomfortable

Uneasy	<b>Listen</b> To what calms you
Overwhelmed	<b>Meditate</b> Sit, relax and focus
Insecure	<b>Cuddle</b> With a pet
Discontent	<b>Chill</b> Lie back and unwind
Tired	<b>Relax</b> Relish the quiet
Tense	<b>Unwind</b> Breathe deeply

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<sup>1</sup><https://www.psychologytoday.com/us/blog/mindfulness-insights/202312/pitfalls-of-suppressing-emotions-and-pros-of-processing-them>  
<sup>2</sup><https://www.psychologytoday.com/us/blog/commit/202411/the-emotion-wheel>  
<sup>3</sup><https://www.psychologytoday.com/us/blog/social-instincts/202405/2-ways-the-wheel-of-emotions-can-emotionally-empower-you>