

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.¹ 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.¹ 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.¹

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.²

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.³

Happy

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

Sad

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

Surprised

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

Angry

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

Afraid

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

Uncomfortable

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

Learn how Livongo can help support you on your wellness journey.
 To sign up or learn more, go to Go.Livongo.com/STATEOFIOWA/New.

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

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