



Identify your feelings

Use this guide¹ whenever you're not sure what you're feeling. It can help you name and process your emotions and help you feel better. See reverse for more feelings.

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.

¹<https://www.psychologytoday.com/us/blog/social-instincts/202405/2-ways-the-wheel-of-emotions-can-emotionally-empower-you>

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