

Befriending the anxious mind – mindfully

1. Make a list of positive and negative words that describe emotions and feelings.

 excited curious calm <hr/> <hr/> <hr/> <hr/> <hr/>	 angry anxious bored <hr/> <hr/> <hr/> <hr/> <hr/>
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2. Add these words to your lists in the appropriate column.

<i>gloomy</i>	<i>frustrated</i>
<i>joyful</i>	<i>weary</i>
<i>fearful</i>	<i>hopeful</i>
<i>exuberant</i>	<i>depressed</i>
<i>miserable</i>	<i>contented</i>
<i>cheerful</i>	<i>amused</i>

Worksheet: Upper Intermediate to Advanced

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3. Look at your list of emotions. Choose an emotion and describe how your body feels and where you feel the emotion. Make sentences to describe how you feel.

When I feel my body feels and I feel it in my ...
angry	empty	back
anxious	energetic	chest
bored	heavy	eyes
exuberant	light	head
fearful	numb	knees
gloomy	shaky	legs
joyful	sleepy	neck
frustrated	tense	shoulders
weary	tired	stomach

Example:

When I feel angry, my body feels heavy, and I feel it in my chest.

4 In pairs or small groups, discuss these questions.

- What words do you use to talk to yourself? Do you use positive or negative words?
- What words related to emotions do you see on social media? How do you feel when you see those words?
- How do you make yourself feel relaxed and calm?