

# Body Image Boost Holiday Edition

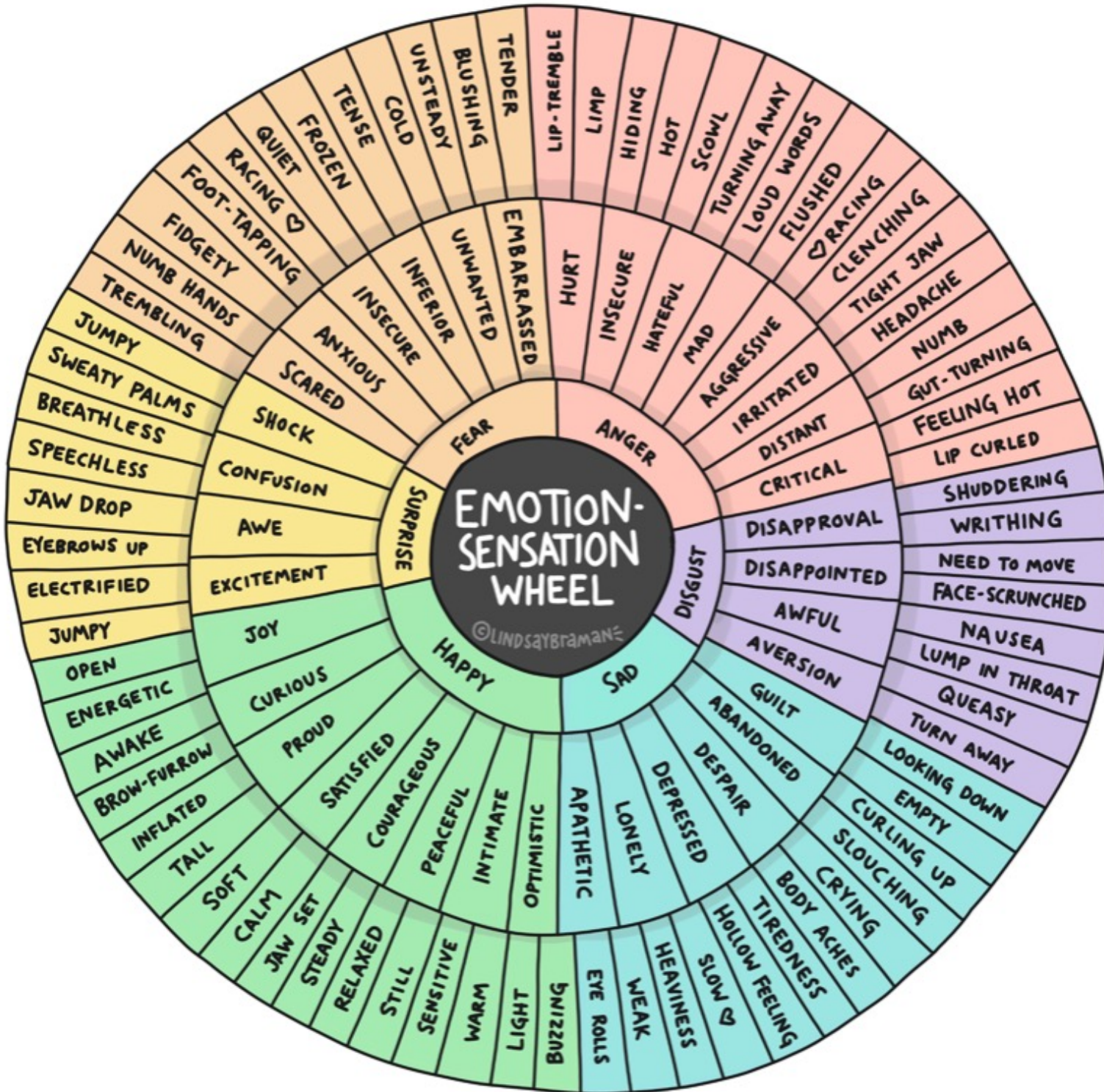


with Jenni Schaefer

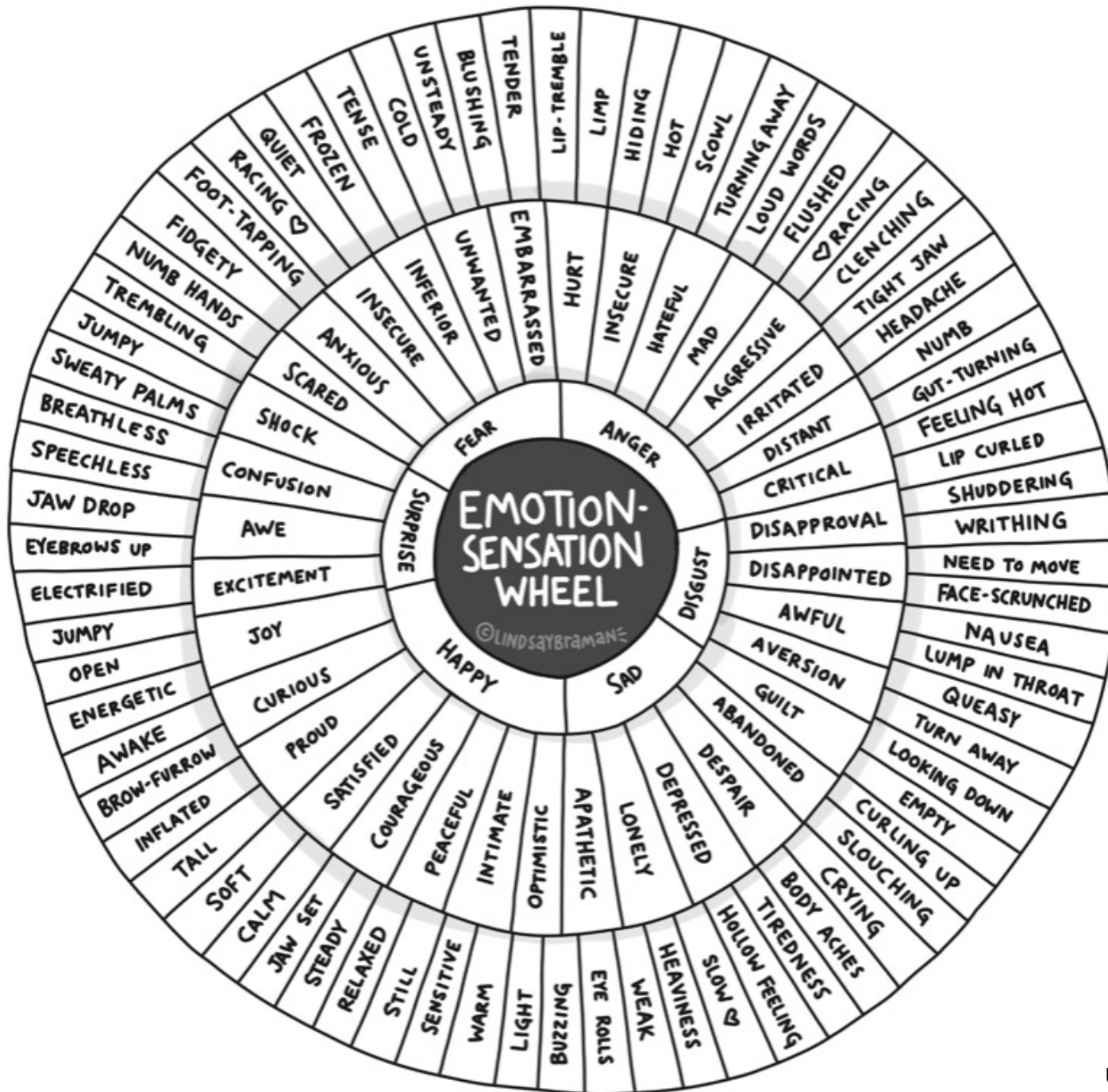
## Week 1: Feeling is Healing

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# What colors best describe your emotions?





# 5-4-3-2-1

## Soothing with the Five Senses

IDENTIFY:

5 Things You Can See

4 Things You Can Touch

3 Things You Can Hear

2 Things You Can Smell

1 Things You Can Taste



# FEELINGS AREN'T FACTS

## ***CHECK THE FACTS.***

1. What triggered the emotion?
2. What assumptions am I making about the trigger?
3. Does my emotion and its intensity match the facts or does it match my assumptions?

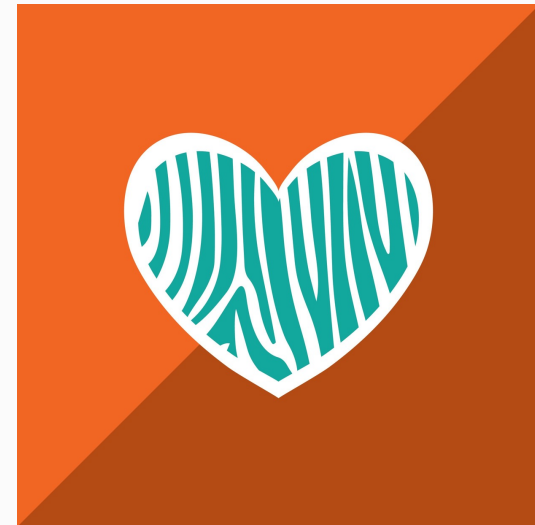
*Feelings come with urges, but that doesn't mean we have to follow through with them. Not if the feeling doesn't fit the facts.*

# RIDING THE WAVE

## EMOTIONS: ENERGY IN MOTION

- Engage the Five Senses

- Suck on a lemon
- Rip up paper
- Splash cold water on your face
- Light a candle
- Essential oils. Try cedar wood oil.
- Journal in color.
- Notice your feet on the ground beneath you.



- Opposite Action

- Reach Out

- Add your name to the group list: [signup.bodyimageboost.com](https://signup.bodyimageboost.com)
- Download or view the group list: [list.bodyimageboost.com](https://list.bodyimageboost.com)

# FEELINGS IS HEALING

## DAILY RITUAL

- Morning and evening ritual.
- Schedule “feeling checks” in your calendar.
- Set reminders on your phone: “How are you feeling?”
- Sticky note therapy:
  - “Feeling is healing.”
  - “Feelings aren’t facts.”
- Get a “feelings buddy.”
- Celebrate your emotions.
- Reward yourself.

*Experiment: Be an investigator!*

