

Writing down your feelings

Some people find that it helps to write down how they feel. Keeping a diary, journal or blog can be a way of expressing your feelings without having to talk about them.

If you are not sure where to start, try using our table. You can use this to write down how you feel and what makes this feeling worse or better. We have written 1 feeling as an example.

How I'm feeling today	What makes this feeling worse	What makes this feeling better
I am feeling angry	Sitting on my own and thinking	Going out for a long walk