

Naming and Taming Feelings

Feelings are neither good or bad. It is the behaviour that we choose that matters. So, it is helpful to notice our feelings without judgement.

Using the framework of CLAIMING, NAMING, TAMING AND AIMING can be helpful in working with our uncomfortable feelings and keeping our actions on track with what is important to us.

Have a go, do it with a buddy if you find that easier.

CLAIM

What is going on around me – at work, at home, in the world?

NAME

What am I really feeling? (see the emotions wheel on the back for helpful naming words) Naming our feelings is known to take some of the power out of them. Feelings help us take notice of how we are tracking so we can look after ourselves.

TAME

How much of my precious energy is this feeling taking up?

AIM

What healthy things can I do when I have this feeling?

What has helped before?

What do I need to stop doing? Start doing? Do less of? Do more of?

What are the things that I can control?

Make a plan to do the things that you know are helpful

HELP

Need to talk? Free call or text 1737 any time for support from a trained counsellor

The Depression Helpline – 0800 111 757 or free text 4202 (to talk to a trained counsellor about how you are feeling or to ask any questions)

Youthline – 0800 376 633, free text 234 or email talk@youthline.co.nz or online chat

The Lowdown Text 5626 for support to help young people recognise depression or anxiety

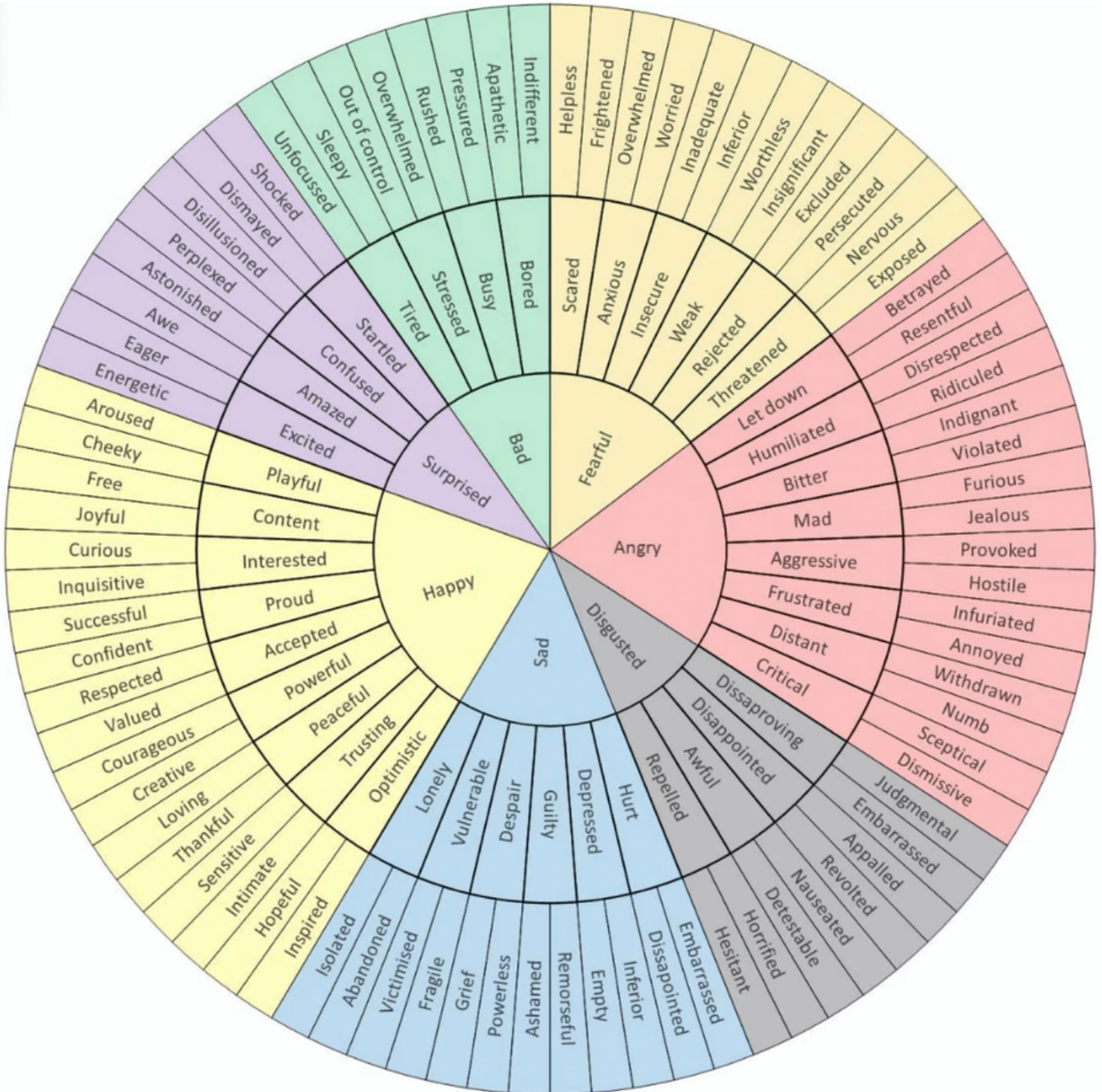
Alcohol Drug Helpline (0800 787 797)

Mental Health Foundation <https://mentalhealth.org.nz/managing-stress>

MORE INFORMATION

If you are feeling overwhelmed, reach out to your line manager your Employee Assistance Provider, or your health professional. In an emergency, dial 111.

Plutchik's Wheel of Emotions



Anger is a secondary feeling. For us to feel angry first we must feel something else. It might be frustration, tired, disappointment etc. You may become so used to the feeling of anger that you don't notice it, sort of like how you can hear the sound of air conditioning or the humming of a refrigerator but block it from your mind.

MORE INFORMATION

The bottom line should read If you are feeling overwhelmed, reach out to your line manager your Employee Assistance Provider, or your health professional. In an emergency, dial 111.