

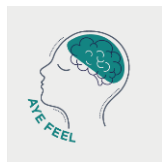


# #YSSchools

#AyeFeel

How to Talk About Your Feelings





# How to Talk About Your Feelings

## Health and Wellbeing

Problems and worries can be hard to get to grips with when they're just going round inside of our heads.

During the current coronavirus (COVID-19) pandemic, with uncertainty and constant news updates part of our daily lives, it is more important than ever to try and talk about how we are feeling.

### What's the point in talking?

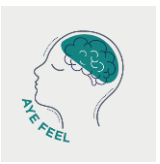
If we just bottle our problems and feelings up inside, we can quickly feel trapped and lonely.

Putting our feelings into words helps us understand them and ourselves better.

Why? Because putting things into words forces us to take a proper look at them and to get them into some kind of order.

**If you want to talk about your feelings, in the box below, briefly write down the problems and feelings that you would want to discuss.**





## Who should I talk to?

Talking to people we know is a good first step.

Although you may not be able to talk to friends in person during lockdown you should make time to chat virtually.

Talking to family and friends about how we feel helps them understand us better too.

**In the box below, write down some of the people that you would feel comfortable talking to.**

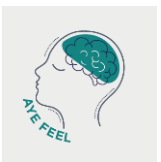
## What if I can't talk to someone I know?

Maybe you're embarrassed? Maybe you don't think anyone will take you seriously? Maybe you're worried about people around you finding out about something?

Whatever your reasons, it's still important to talk about your problems and feelings.

If you don't want to talk to someone you know, you could call Childline on 0800 1111.





## What if I don't want to talk?

Writing about problems and how we feel also helps get things clear in our minds. Sometimes this is enough to shrink worries down to size.

You could try writing:

- ▼ A letter to yourself about what's happening
- ▼ A private blog
- ▼ A song
- ▼ A poem

**Using a little more detail below, write down more about some of your feelings or problems. You could use this space for one of the activities above if you would like or just do them on a blank piece of paper.**





If you or somebody else is needing a bit of emotional support, it can be a little scary knowing what to Google, who to turn to and what you can do to manage your emotions in a healthy way. It's important to talk to someone about how you are feeling. This could be a family member or friend, your GP or by calling a helpline.

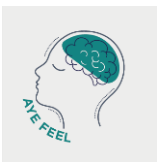
If you prefer writing to talking but still would like to share your thoughts with someone, you can get in touch with Childline by email. Go to <https://www.childline.org.uk/get-support/contacting-childline/> for more information.

Smoking, drinking and taking drugs aren't good ways to try and forget about your feelings – it often makes you feel much worse.

Go to: <https://young.scot/get-informed/national/how-to-talk-about-your-feelings> for links to where you can find out how smoking impacts you, how alcohol impacts you and how drugs impact you. You will also find links here to find out where you can get help if you find you're regularly using these vices to get away from everything.

Visit [young.scot/ayefeeblogs](https://young.scot/ayefeeblogs) to read mental health blogs, written by young people for young people. Sharing tips, information and ideas to support and promote a positive mindset, mental health and emotional wellbeing.





# Get in touch

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