



# The Feel Better Newsletter



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Hi, hope you have had a good week! As this newsletter is called The Feel Better Newsletter I wanted to talk about your feelings and how you can change your mood from negative to positive.

## Lets talk feelings

You don't have to be happy all the time, I don't think anyone is. Emotions aren't "Good" or "Bad" they are signals to let us know that something is making us react. For example, school work might not be going your way and you feel stressed – this is your body saying "I need to slow down, I need to take care of myself". You might feel angry – this is our brain telling you "Its not what I want, things have to change". The important thing to manage is how you behave when you have these feelings.

## Letting go . .

It may be that you have some sad or angry feelings. A good way to help with this is to write or draw your upsetting thoughts in this balloon.



Imagine this balloon float up into the sky.

Let go of those angry or sad thoughts, they will only upset you.

**You can recognise your worries and choose to let them go.**



## Butterfly Hug



When you feel angry or hurt, you can calm and sooth yourself with a Butterfly Hug.

Cross you arms, place hands just below your shoulders. Think of your hands as butterfly's wings. Breath slowly.

Gently tap- left wing, right wing, left wing, right wing - Keep going



Do it as slow or fast, whatever feels right for you.

You can be  
**Angry, Sad, Annoyed, Unsure or Afraid**  
and still be  
**Positive**

**Your worries** – Thank you for your messages. Send me an email with any worries and I will try to help. Email [feelbetternewsletter@gmail.com](mailto:feelbetternewsletter@gmail.com)

*Dear Jo, My friends don't text me anymore, they haven't messaged me in weeks. Are we still friends? From Esme age 10.*

Hi Esme, don't always wait for your friend's to text you. You can start the conversation. Ask how they are or send them a funny meme. It can be so easy to lose connections with your friends when you don't see them every day. Be the one who checks in on them, keep the contact going. They might be feeling the same as you.