

Presented by BU Happiness College

# 3 Ways to Handle Big Feelings

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"Feelings are much like waves, we can't stop them from coming but we can choose which ones to surf"

**-Jonatan Martensson**

# Method I - Express



What this means:

Large empty rounded rectangular box for notes.

**Healthy  
Expressions**

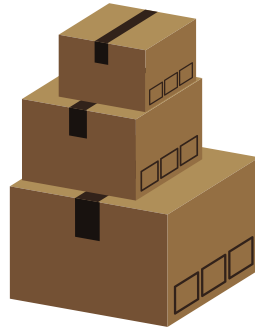
Empty rounded rectangular box for notes under 'Healthy Expressions'.

**Unhealthy  
Expressions**

Empty rounded rectangular box for notes under 'Unhealthy Expressions'.



# Method 2 - Repress



**What this means:**

A large, empty, light gray rounded rectangular box for writing notes.

**Healthy  
Expressions**

An empty, light gray rounded rectangular box for writing healthy expressions.

**Unhealthy  
Expressions**

An empty, light gray rounded rectangular box for writing unhealthy expressions.

# Method 3 - Process



**What this means:**

**Healthy  
Expressions**

**Unhealthy  
Expressions**

A close-up photograph of a person's hands holding a pen and writing in a spiral notebook. The person is wearing a dark-colored shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains.

# Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...

A solid green horizontal bar at the bottom of the page.