

THE FOOTBALL MENTAL HEALTH ALLIANCE

FEELINGS WHEEL

A simple tool to help you identify and articulate your feelings.





THE FEELINGS WHEEL

Introduction to the Feelings Wheel

Welcome to this essential guide on using the Feelings Wheel, a powerful tool developed by Dr. Gloria Willcox. It serves as a practical tool for understanding and processing emotions, which is particularly beneficial in the context of mental health. Understanding and managing emotions is key to personal development, effective communication, and overall mental health.

How to Use the Feelings Wheel:

The Feelings Wheel is a visual aid that categorises a broad spectrum of emotions, ranging from basic feelings to more complex ones. Here's how to use it:

- 1. Identify Your Core Emotion:** Start at the centre of the wheel. Are you feeling happy, sad, angry, fearful, surprised, or disgusted? This is your core emotion.
- 2. Explore Further:** Move outward from the core emotion to explore more specific feelings. For example, if you start with 'Sad', you might find that you're actually feeling 'lonely' or 'hopeless'.
- 3. Reflect and Acknowledge:** Take a moment to reflect on this specific emotion. Acknowledging it is the first step towards understanding your emotional state.

When to Use the Feelings Wheel:

- After a Match or Training Session: Reflect on your emotional state post-activity. It can help in understanding your reactions to performance, team dynamics, or coaching feedback.
- During Personal Reflection: Use it regularly as a self-awareness tool to check in with your emotions, which can be especially beneficial in managing stress and anxiety.
- In Team Discussions: It can be a valuable tool for coaches and team members to facilitate open and empathetic communication within the team.

Benefits of Using the Feelings Wheel:

- Enhanced Emotional Intelligence: Regular use of the Feelings Wheel helps in recognising and articulating emotions more clearly, an essential skill in personal and professional relationships.
- Improved Mental Health: By identifying and addressing emotions, individuals can better manage stress, anxiety, and other mental health challenges.
- Stronger Team Dynamics: In a team setting, it can create a culture of empathy and understanding, crucial for team cohesion and supportive relationships.
- Informed Decision Making: Understanding your emotional state can lead to more thoughtful responses and decisions, both on and off the pitch.

Remember, emotional health is as important as physical health. Embrace the journey of emotional exploration with the Feelings Wheel and discover a more resilient, aware and connected version of yourself.

References:

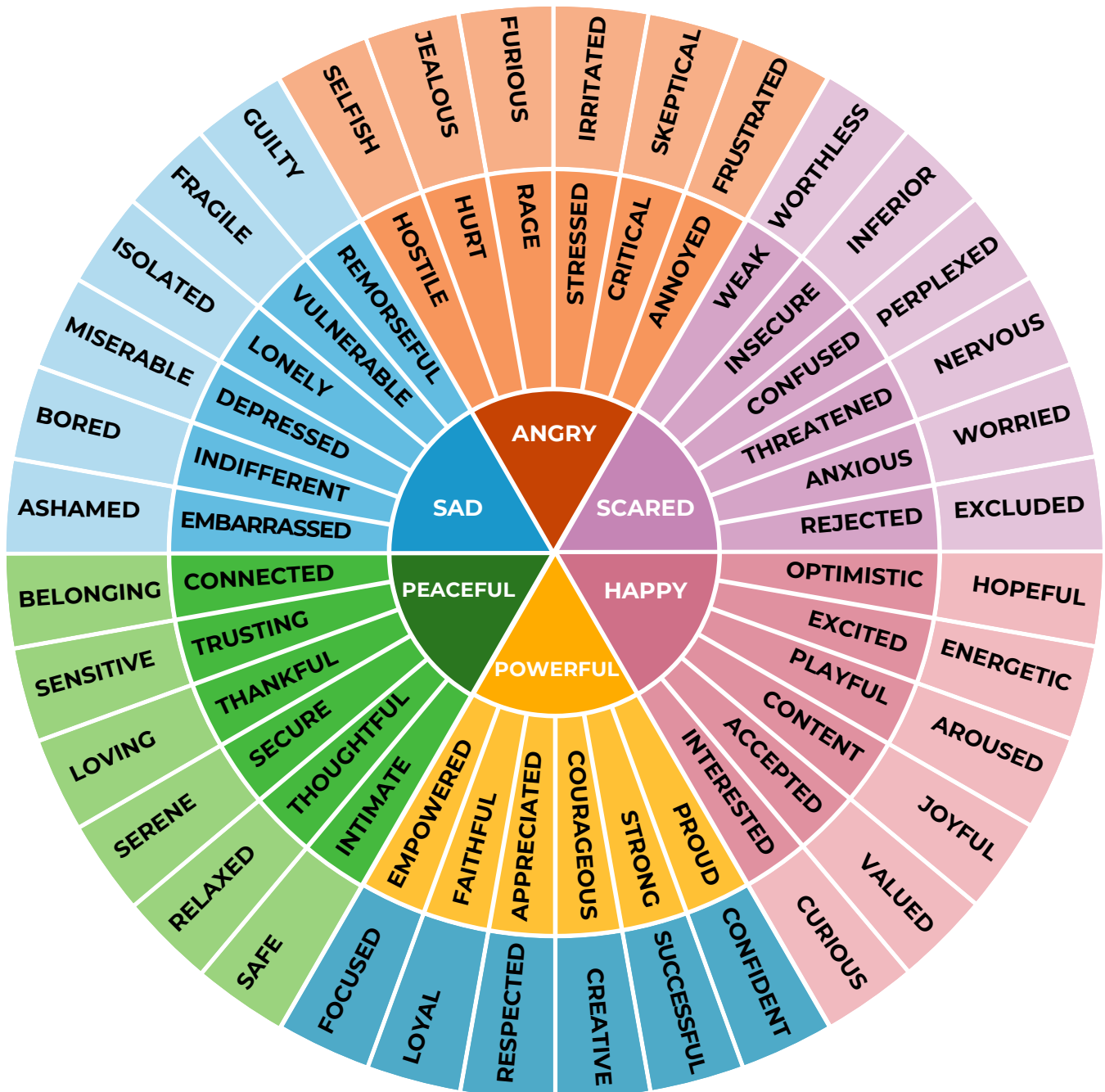
The Greater Good Science Center Study (Cowen & Keltner, 2017)

Emotion Researcher (2015)

International Handbook of Emotions in Education (Pekrun & Linnenbrink-Garica, 2014)

THE FEELINGS WHEEL

Gloria Willcox, 1982



This tool is designed to help you describe your feelings with more accuracy.

The feelings identified here are not a complete overview of all possible feelings and emotions. Instead, they can be treated as a starting point to describe and identify how you are feeling.

HOW TO USE THE FEELINGS WHEEL

The Feelings Wheel was created by Gloria Willcox and organises 72 feelings into 6 key areas: sad, angry, scared, joyful, powerful and peaceful. It can be useful in helping you identify the feelings you are experiencing.

In the Feelings Wheel, the core emotions are in the middle of the circle. After choosing the core emotion, you can identify the more specific emotions that are relatable in the outer edges of the circle. These more specific emotions help you gain a deeper understanding of what you are experiencing.

You can use the wheel to explore the emotions you are feeling currently or use it to explore deeper, longer-term emotions that may be impacting you. Once you've identified the specific feeling you're experiencing, you'll be in a better position to take action.

When you feel a feeling, take the time and space to experience the emotion without judgement. Sit with the feeling without pushing it away. Remind yourself that this feeling is temporary and won't last forever. As you experience the feeling, consider the triggers that caused it.

Focus on where you feel the feeling in your body and notice any sensations the feeling has caused in your body.

Validating Feelings

I feel _____(*insert emotion*).

It's okay that I feel _____(*insert emotion*).

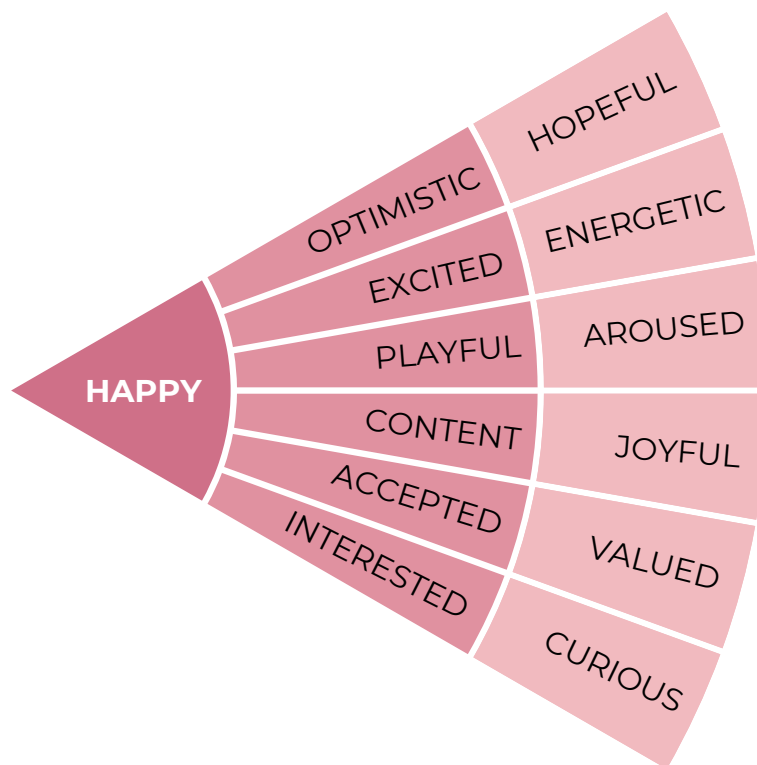
I'm allowed to feel _____(*insert emotion*).

I give myself permission to feel _____(*insert emotion*).

When you have identified and validated your feelings, reflect on what you've experienced. How could you describe your feelings? How did you cope with these feelings? Would you do anything different next time?

FEELINGS WHEEL: HAPPY

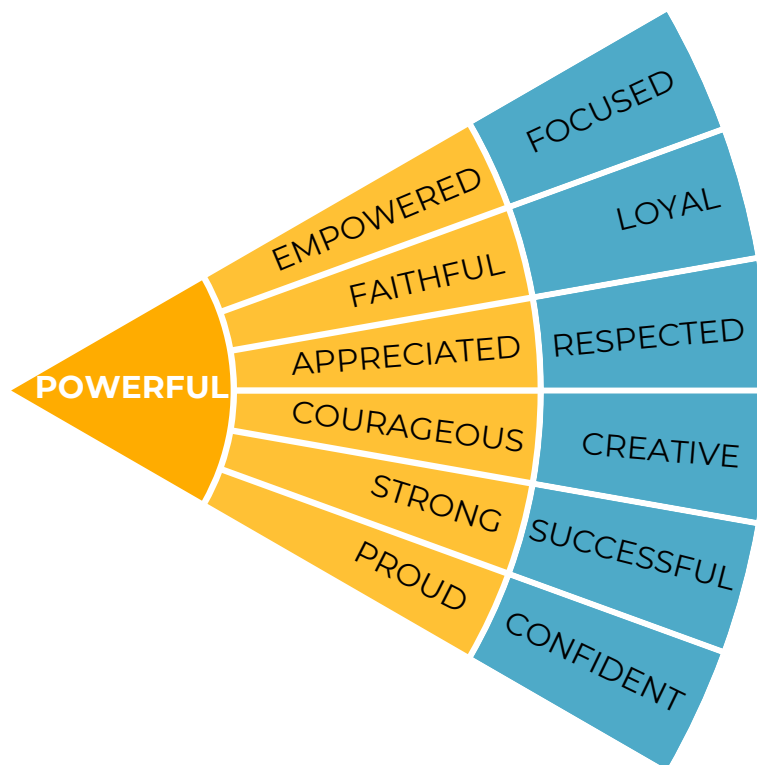
POSSIBLE EMOTIONS			PHYSICAL SIGNS AND BEHAVIOURS
happy	interested	energetic	Laughing, increased energy, helpful, engages in self-care, highly motivated, more active, playful, smiling, sociable, engages in creative activities
optimistic	hopeful	sensuous	
excited	aroused	cheerful	
playful	joyful	amused	
content	valued	creative	
accepted	curious	stimulated	



HOW IT FEELS FOR ME & MY PHYSICAL SIGNS AND BEHAVIOURS

FEELINGS WHEEL: POWERFUL

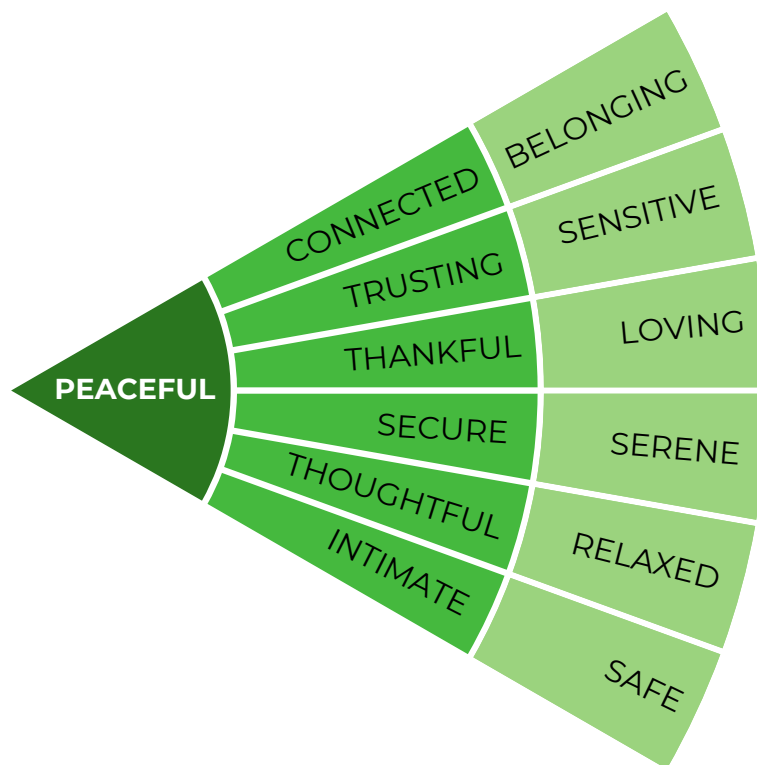
POSSIBLE EMOTIONS			PHYSICAL SIGNS AND BEHAVIOURS
powerful	proud	focused	motivated, productive, open to change, celebrates successes, lives an authentic life, resilient, problem-solving skills, works on weaknesses, shows kindness towards others, asks for help, expresses emotions
empowered	confident	important	
faithful	successful	aware	
appreciated	creative	worthwhile	
courageous	respected	valuable	
strong	loyal	discerning	



HOW IT FEELS FOR ME & MY PHYSICAL SIGNS AND BEHAVIOURS

FEELINGS WHEEL: PEACEFUL

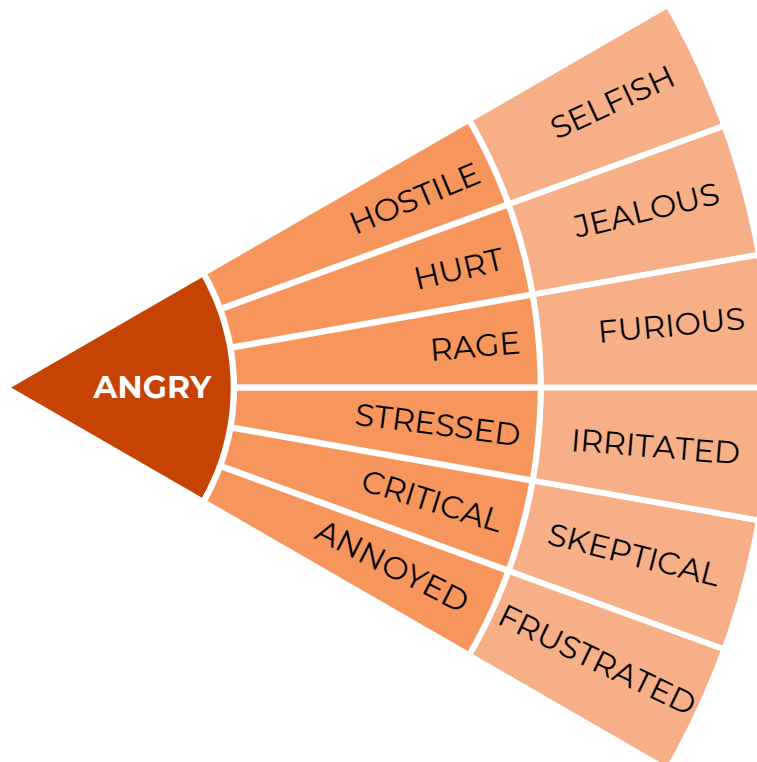
POSSIBLE EMOTIONS			PHYSICAL SIGNS AND BEHAVIOURS
peaceful	intimate	safe	kindness, physical affection, selflessness, commitment, empathy, non-judgmental, worry-free, positive mental attitude, contentment
connected	belonging	content	
trusting	sensitive	nurturing	
thankful	loving	pensive	
secure	serene	responsive	
thoughtful	relaxed		



HOW IT FEELS FOR ME & MY PHYSICAL SIGNS AND BEHAVIOURS

FEELINGS WHEEL: ANGRY

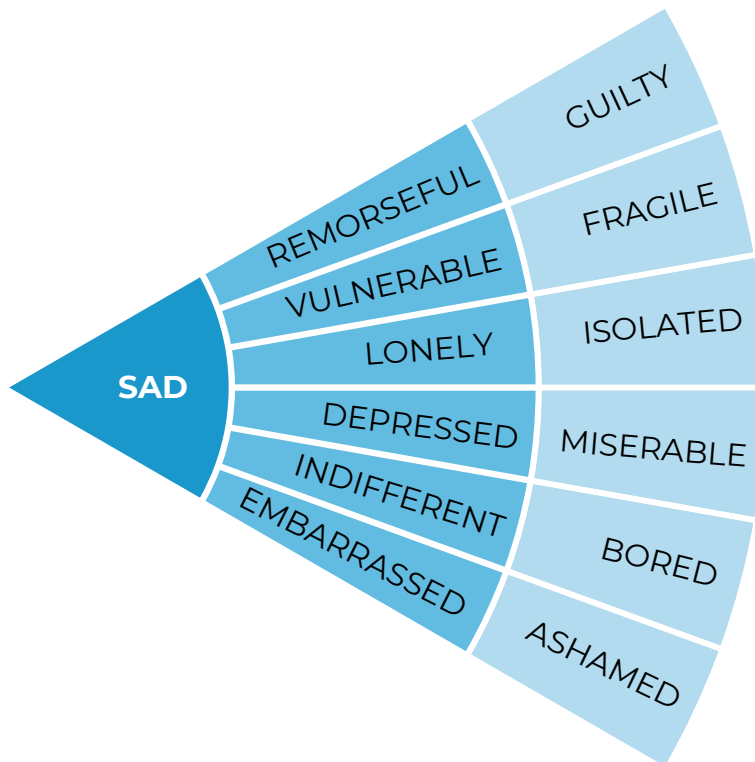
POSSIBLE EMOTIONS			PHYSICAL SIGNS AND BEHAVIOURS
angry	stressed	jealous	being aggressive, raising voice, staring, trembling, using harsh language, using insults, arguing, blaming others, clenching fists, feeling hot, increased heart rate
enraged	critical	selfish	
frustrated	annoyed	furious	
irate	frustrated	hurt	
irritated	skeptical		
hostile	irritated		



HOW IT FEELS FOR ME & MY PHYSICAL SIGNS AND BEHAVIOURS

FEELINGS WHEEL: SAD

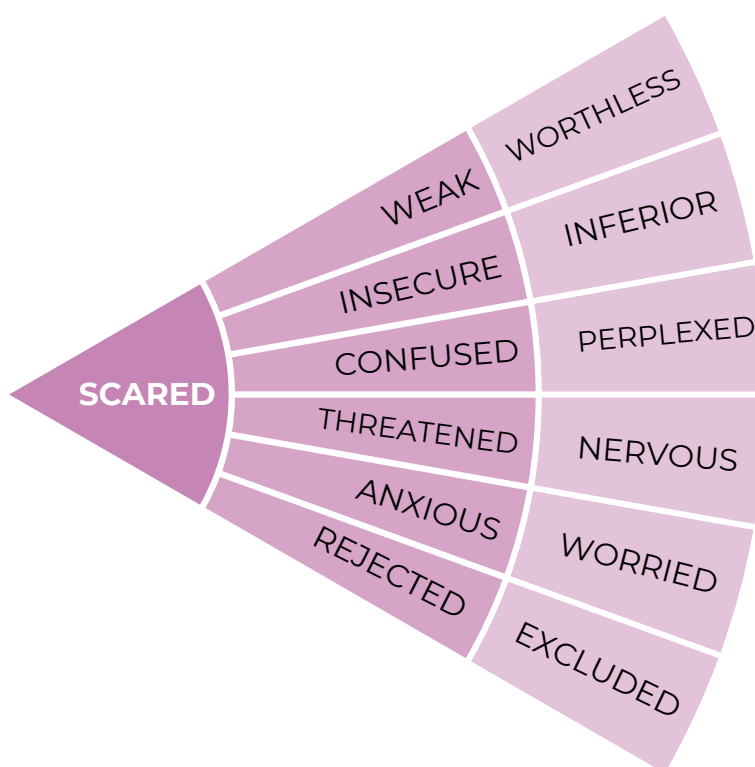
POSSIBLE EMOTIONS			PHYSICAL SIGNS AND BEHAVIOURS
sad	embarrassed	ashamed	negative thoughts, neglecting self-care, sleep problems, social isolation, fatigue, changes in eating, apathy, crying, loss of interest in activities, poor self-esteem, irritability, difficulty concentrating
remorseful	guilty	tired	
vulnerable	fragile	sleepy	
lonely	isolated	apathetic	
depressed	miserable	inferior	
indifferent	bored	stupid	



HOW IT FEELS FOR ME & MY PHYSICAL SIGNS AND BEHAVIOURS

FEELINGS WHEEL: SCARED

POSSIBLE EMOTIONS	PHYSICAL SIGNS AND BEHAVIOURS
scared rejected excluded weak worthless bewildered insecure inferior discouraged confused perplexed insignificant threatened nervous inadequate anxious worried overwhelmed	trembling, racing heart beat, racing thoughts, crying, shortness of breath, sweating, pacing, nail biting, skin picking, headache, difficulty concentrating, digestive problems, muscle tension, avoidance



HOW IT FEELS FOR ME & MY PHYSICAL SIGNS AND BEHAVIOURS

COPING WITH EMOTIONS

Here are 50 things you can do to help you cope with your emotions and take care of yourself

- spend time with a loved one
- go for a walk
- spend time in nature
- turn off your phone
- drink water
- eat a tasty snack
- do a puzzle
- go for a drive
- exercise or move your body
- cuddle with your pet
- give yourself a pep talk
- write some affirmations
- create a to-do list
- do a mindfulness exercise
- take a mental health day from work
- find a support group
- take a break from social media
- dress up for fun
- ask for help from a loved one
- look through old photos
- sew, crochet or knit
- set boundaries
- have a spa day at home
- watch a movie or show you love
- reflect on your spiritual beliefs
- spend 10 minutes meditating
- use a weighted blanket
- make a vision board
- take vitamins/supplements
- celebrate yourself
- volunteer
- learn a new skill or hobby
- cook or bake using a new recipe
- squeeze a stress ball
- plan something fun to look forward to
- play a board game or video game
- focus on what is in your control
- light candles
- set a small goal
- diffuse essential oils
- clean or organise your space
- buy some new plants
- make a playlist of the songs you love
- read a book
- try a new food or cuisine
- listen to some sounds from nature
- create a routine or schedule
- walk in the grass barefoot
- play a sport
- name 5 things you love about yourself

JOURNAL PROMPTS: ANGRY

Think about a time when you experienced the feeling of anger. Use these prompts to help you reflect on the causes and consequences of your feelings of anger.

What triggers your feelings of anger?

What physical sensations do you feel in your body?

How do you express your anger? What thoughts do you have? How do you talk to yourself when you're feeling angry?

What coping strategies do you use to help you deal with your feelings of anger?

JOURNAL PROMPTS: SAD

Think about a time when you experienced the feeling of sadness. Use these prompts to help you reflect on the causes and consequences of your feelings of sadness.

What triggers your feelings of sadness?

What physical sensations do you feel in your body?

How do you express your sadness? What thoughts do you have? How do you talk to yourself when you're feeling sad?

What coping strategies do you use to help you deal with your feelings of sadness?

JOURNAL PROMPTS: SCARED

Think about a time when you experienced the feeling of being scared. Use these prompts to help you reflect on the causes and consequences of your feelings of being scared.

What triggers your feelings of being scared?

What physical sensations do you feel in your body?

How do you express your feeling of being scared? What thoughts do you have? How do you talk to yourself when you're feeling scared?

What coping strategies do you use to help you deal with your feelings of being scared?

JOURNAL PROMPTS: HAPPY

Think about a time when you experienced the feeling of being happy. Use these prompts to help you reflect on the causes and consequences of your feelings of being happy.

What triggers your feelings of being happy?

What physical sensations do you feel in your body?

How do you express yourself when you feel happy? What thoughts do you have? How do you talk to yourself when you're feeling happy?

How can you experience this feeling of happiness more often?

JOURNAL PROMPTS: POWERFUL

Think about a time when you experienced the feeling of being powerful. Use these prompts to help you reflect on the causes and consequences of your feelings of being powerful.

What triggers your feelings of being powerful?

What physical sensations do you feel in your body?

How do you express yourself when you feel powerful? What thoughts do you have? How do you talk to yourself when you're feeling powerful?

How can you experience this feeling of being powerful more often?

JOURNAL PROMPTS: PEACEFUL

Think about a time when you experienced the feeling of being peaceful. Use these prompts to help you reflect on the causes and consequences of your feelings of being peaceful.

What triggers your feelings of being peaceful?

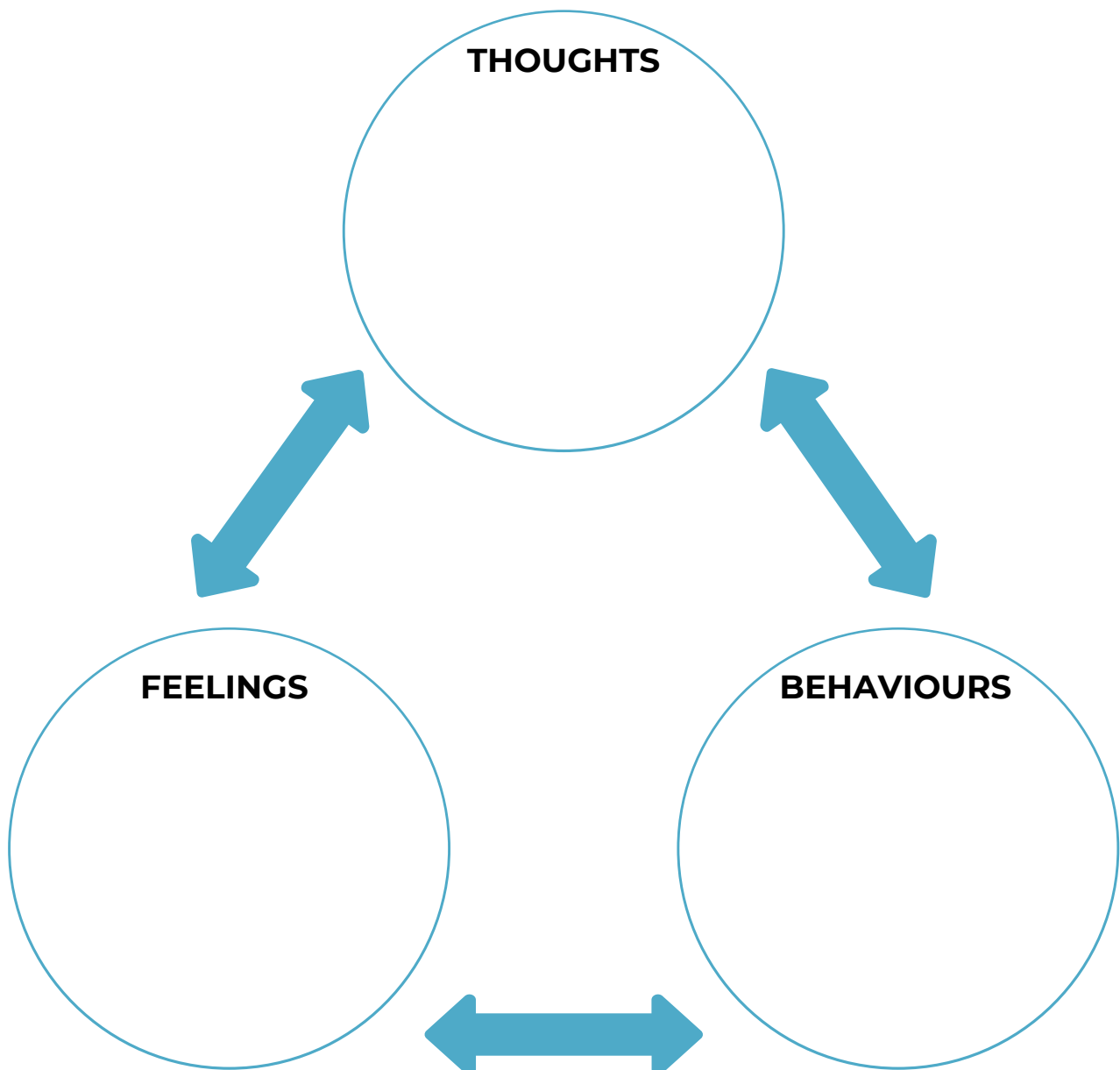
What physical sensations do you feel in your body?

How do you express yourself when you feel peaceful? What thoughts do you have? How do you talk to yourself when you're feeling peaceful?

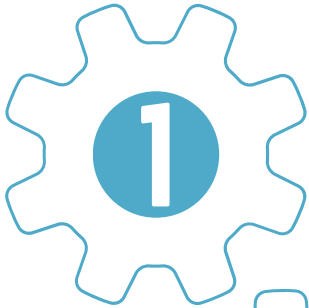
How can you experience this feeling of being peaceful more often?

THOUGHTS, FEELINGS AND BEHAVIOUR CYCLE

This Thoughts, Feelings and Behaviour Cycle works as a starting point to help you become aware of your thinking processes and how these relate to your feelings and emotions.



PROCESSING FEELINGS



1. ACKNOWLEDGING

The first step is noticing and acknowledging that you're experiencing a feeling or emotion.



2. IDENTIFYING AND NAMING

The next step is identifying what the feeling is and naming it. You can use the Feelings Wheel to help with this.



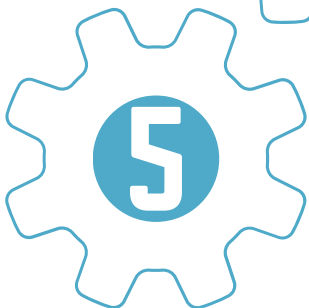
3. ATTRIBUTING

Then you can start to make sense of what caused the emotion or feeling and identify its triggers.



4. ACCEPTING

Check your body and notice any related physical sensations in your body. Accept the feeling; don't push it away.

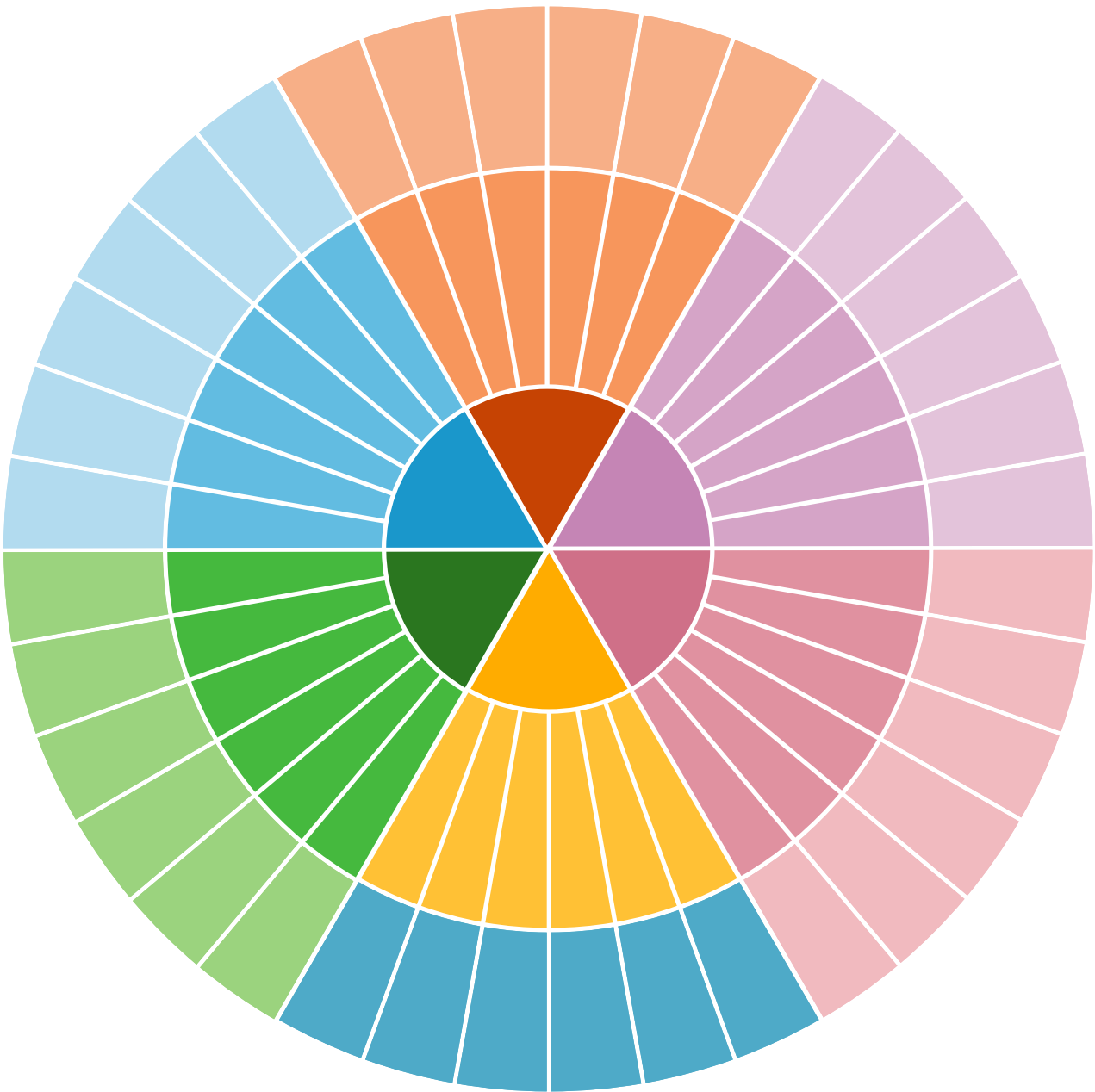


5. ACTING

Take a few deep breaths and then decide what you will do. Choose how you will use or cope with the feeling.

THE FEELINGS WHEEL: BLANK

Gloria Willcox, 1982



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