

# Manuela Berger

## Feeling Magnets

We all have emotions. We can also have many emotions at once. They can be conflicting. They might not make any sense to us. They may not fit with how we see ourselves. They may not fit with how we want to feel. Yet it is important to recognize our feelings because they impact our wellbeing, our relationships and our ability to thrive as they influence us all the time.

Positive Emotions or a positive relationship towards our emotions is an essential component of Positive Psychology. An essential step towards this is the ability to recognize our own emotions and learn to navigate them. Recognizing them means feeling them and being able to articulate them in words.

Research shows that just by putting our emotions into words - finding the right words - helps to reduce the intensity of the emotions that overwhelm us. Mindfulness practice also shows benefits of acknowledging positive emotions so that they last longer.

Emotional Awareness is something we need to practice to get good at and, as with anything we want to learn, it helps to have some tools and techniques to support us along the way. The tools I would like to share at the Intervention Fair at the ENPP pre-conference include Feeling Magnets, My Feelings Box, Feeling Bodies, which are being used in countless families and schools around the world.

These tools would be demonstrated and put to use in various different ways during the intervention fair. People could use them individually, in pairs or groups with various activities allowing them to experience the countless ways that these Feeling Magnets can be used.



**FEELING MAGNETS**



**MY FEELINGS BOX**



**FEELING BODIES**

**Feeling Magnets (adults) / My Feelings Box (kids)** : an extensive series of emotions grouped into categories that serves as a prompt and guide to help people

name their emotions with greater specificity and clarity.

**Feeling Bodies:** cleverly designed drawings that visually depict how key emotions are felt. These can be used as visual prompts but also as a basis to “act” out or stand in those postures and stimulate a feeling and further empathy.

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### **Manuela Berger**

Manuela is a life coach for children and parents, as well as, the founder of Feeling Magnets – a personal development company that helps people build their Emotional Awareness, understand emotions and ultimately themselves through practical tools and courses. She combines her studies in Positive Psychology (MAPP), Mindfulness, Resilience, Emotional Intelligence to create her tools and deliver workshops for children and parents.