

## DREAM UP NOW *Compact* Emergency Emotions Set



Moving from darkness...

**I Feel Stress**

...into light

**I Feel Calm**

DREAM UP NOW is a guided journal for teens (coming September 2020), offering creative tools for transforming pain into power, and showing readers how to design your life to go the way you want. This *compact* Emergency Emotions Set is a FREE GIFT will help you cope with specific emotions teens are dealing with during the pandemic -- now. *Dream Up Now* is all about moving from darkness into light. Leading up to the official release of *Dream Up Now*, watch for these exclusive compact emotions sets that you won't find in the journal. Coming once a month, the sets cover:

- MAY 2020: I Feel Isolated/ I Feel Belonging (download now!)
- JUNE 2020: I Feel Disappointed/ I Feel Fulfilled (download now!)
- **JULY 2020: I Feel Stress/ I Feel Calm**
- AUGUST 2020: I Feel Fear/ I Feel Safety

Turn the page to begin learning creative ways to deal with isolation and to discover how to transform the pain of isolation into feelings of belonging.

**Subscribe** Receive all 4 compact emotions sets by subscribing at [www.DreamUpNow.com](http://www.DreamUpNow.com)

Connect with author Rayne Lacko on Instagram [@raynelacko](https://www.instagram.com/raynelacko) and [@dreamupnowjournal](https://www.instagram.com/dreamupnowjournal)

**Pre-order** [DREAM UP NOW at Free Spirit Publishing](#)

**Want to Help Others?** Share this FREE emotions set, and post your results to your social media [@dreamupnowjournal](https://www.instagram.com/dreamupnowjournal) #dreamupnow

## I Feel...Stress

*Worry and tension / racing heart / physical aches and pains / feeling loss of control*

We're entering the fourth month of social distancing and the second month of racial protesting. It seems impossible to avoid stress at the moment. Stress can create a lot of unwelcome feelings: anger, irritability, sadness, anxiety, and worry. It can even cause problems with your sleep.

It's not just your own stressful emotions you're dealing with; you're likely tuned in to other people's stress, and that can be a lot to manage. Stress can come up over and over again, and it happens to everyone. Stress doesn't discriminate. It can even show up in different physical ways: upset stomach, headaches, or sore shoulders and neck. These physical pains are happening because feeling stressed releases a hormone called cortisol. Cortisol is the main hormone controlling your mood, motivation, and fear.

One empowering phrase to manage stress is: "Name it to tame it." Stress is an avoidable guest that is going to visit you occasionally. Other people in your life will be visited by stress as well, and you may find yourself burdened by their stress. The key is to set boundaries. Yes, it's going to show up. You get to put a limit on how you interact with it.

**S.T.O.P. IS a  
HELPFUL tool to  
HELP SET LIMITS  
FOR THE LIFE you  
Want..**

## DREAM UP NOW

What do you want to name your stress? \_\_\_\_\_

Now that you have named it, let's tame it.

Stress shows you where you need to place more of your attention by making you uncomfortable enough to change whatever is no longer working for you. The pandemic and current social issues are uncomfortable enough to show you what really matters to you.

# I FEEL ... stress

Stress can be stressful! Empower yourself with the acronym: **S.T.O.P.**

**Stop.** Pause in the middle of all the chaos and confusion

**Take a Breath.** Breathe in through your nose, all the way into your belly. Exhale through your mouth. Do this three or four times.

**Observe.** Notice everything you're feeling: body sensations, emotions, thoughts, sounds, sights, smells, etc.

**Proceed.** Set a boundary for your stress. Decide how much of your time and attention it's allowed to have, and stand up for your limits.

Complete the S.T.O.P. method. How do you feel?

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What thoughts or feelings come up when you OBSERVE? Tell your stress.

Ex.: "Hey, (name of stress), you make me feel anxious and that makes my stomach hurt. I don't appreciate that."

Hey, \_\_\_\_\_,

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This is not a two way conversation, and it is not a negotiation. When you set your boundaries, you refuse to give power to your stress. You're taming it. Stress will return to visit again, but you remain in charge. S.T.O.P. is something that you can do anywhere and anytime stress shows up.



## I Feel...Calm

*feeling in control / improving self-awareness / slowing the heart rate*

With everything that is going on right now, chances are you need a break. Feeling calm can help rest your mind, increase patience, and reduce stress.

If you're worried about something, your brain can feel like it's working overtime and there isn't won't room for anything else. Learning to calm yourself helps keep your brain focused on your desired goals, and open to new ideas. Even better, achieving a sense of calm can help you feel more in control.

But how do you calm yourself? First, get some oxygen to your brain by taking a breath. Deep breathing is quick and easy, and you can do it anywhere. In stressful situations, people tend to take shallow, rapid breaths. This kind of breathing can cause an increased heart rate which then amps up your stress. Your breath is one of the simplest tools to calm yourself. Go ahead, take a few deep breaths now and begin transforming your stress to calm.

## DREAM UP NOW

You have already taken some breaths. Now, take your calming practice a step further by directing your breath through "mind's eye" imagery, singing, or muscle relaxation.

Slowing your heart rate can take a few minutes, but you are worth the time and effort. Relaxation exercises only work if you practice them long enough to become calm. With regular practice of focusing inward on your breath, these skills can crush your stress and deepen you feelings of calm.

**CRUSH your  
STRESS,  
AND DEEPEN  
your FEELINGS  
OF CALM**

I FEEL . . .

**CaLM**

**1. Mind's Eye**

Give your brain a mini-vacation from stress. Imagine a relaxing, comforting place that makes you feel happy and safe. It could be at a favorite relative's house, a beautiful beach, or cabin in a forest — or even your own bed. Bring the image to life in your mind's eye, considering how it looks, feels, smells, and sounds. Draw or write about your happy place here:

**2. Sing**

A fun anti-stress tool, singing helps release endorphins (the happy neurotransmitters) and oxytocin (the love hormone). Make a playlist of 5-10 of your favorite songs that put a smile on your face, and sing along. If you're super stressed, start by humming, and work up to singing. Keep singing until your mood matches your music.

**3. Muscle relaxation**

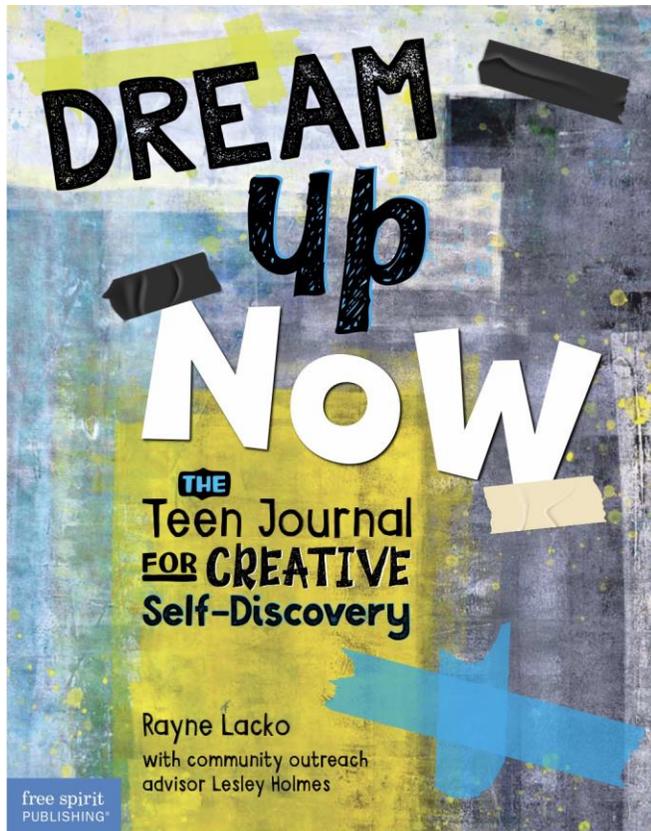
When you feel stressed, it can cause you to tense your muscles. The tenser you feel, the more stressed out you become. A surprising way to let go of that tension is by tensing a group of muscles as hard as you can, and then release the clenched muscles. Begin by tensing your toes and holding them clenched. Then, relax them. Next, tense the calves of your legs. Release them. Continue moving up your body, tensing individual muscle groups all the way up to your head. By the time you're done, all your muscles should be relaxed.



Coming September 2020 from [Free Spirit Publishing!](#)

This *compact* emergency set of light and dark emotions is a unique, FREE gift for you. For 36 *expanded* creative activities from diverse voices, pre-order the official teen journal for self-discovery.

**DREAM UP NOW: The Teen Journal for Creative Self-Discovery**



[Click to pre-order DREAM UP NOW at Free Spirit Publishing](#)

Teens feel a wide range of sometimes-overwhelming, often-fluctuating, intense emotions. To help teens understand, manage, and channel their emotions into passion for the life they want to live, this guided journal with a convenient lay-flat design includes 36 creative activities. Crafted by community leaders across North America, these activities encourage teens to create, draw, listen to music, and put pen to paper as they process emotions, discover more about themselves, and pursue what they want out of life.

*Dream Up Now* offers a safe space for creative self-expression of *all* emotions, both positive and negative. Every emotion is valid in this journal, and teens are encouraged to move from dark (negative) to light (positive) emotions. For example:

- From tired to fired up
- From confused to confident
- From jealous to appreciative
- From loss to peace

Using simple journal prompts and art project ideas, with plenty of room for writing and reflection, *Dream Up Now* is a powerful tool for navigating emotions and self-reflection. It also includes information to help teens advocate for music programs or start a club in their school.

Learn more at [www.dreamupnow.com](http://www.dreamupnow.com) and on Instagram [@dreamupnowjournal](https://www.instagram.com/dreamupnowjournal)

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