



Virtual First: Wellbeing Kit

# Feelings cheatsheet

How are you feeling right now?

## Also known as

**Happy**

Excited  
Overjoyed  
Thrilled

Cheerful  
Relieved  
Satisfied

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**Sad**

Depressed  
Hurt  
Alone

Moody  
Upset  
Dissatisfied

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**Angry**

Furious  
Mad  
Frustrated

Disgusted  
Uptight  
Irritated

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**Afraid**

Terrified  
Panicky  
Uneasy  
Intimidated

Cautious  
Worried  
Anxious

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**Ashamed**

Remorseful  
Mortified  
Apologetic  
Unworthy

Guilty  
Embarrassed  
Bashful