

## My Emotional Emergency Kit

Check off the tools you think would be most useful to you when you feel overwhelmed by emotions. Add additional ideas at the bottom of this page.

### \_\_\_\_\_A "grounding" object such as a small figurine

Just touching the object, and paying attention to your physical reaction, can help calm your emotions.

### \_\_\_\_\_A list of people you can call

This list could include family or close friends who are emotionally supportive. If possible, make their calls, with stress when you want to cry, feel overwhelmed, or need to talk. Their calls can help you successfully talk to therapists on this list or get hot support.

### \_\_\_\_\_A journal to write down your feelings or to draw and doodle

You can do this digitally or the old-fashioned way with a notebook and pen or pencil.

### \_\_\_\_\_Positive photographs

Have a few photographs or video ready available. These could be of people, pets, or special places. Looking at these pictures should stimulate positive feelings and happy memories.

### \_\_\_\_\_Music

Listening to songs you like or that remind you of someone you love can have a calming effect on your mood. Some help you relax, increase energy, and feel "recharged" after a tough day.

### \_\_\_\_\_Inspirational reading

Have a few short stories or reading pieces, poems, or inspirational articles.

### \_\_\_\_\_Funny videos

YouTube's funny videos can make you smile or laugh or "feel better", there are dozens of websites that are designed to lighten your day. Remember what you're looking for to help.

### \_\_\_\_\_Drawing your

Have a few sheets of paper that drawing your feelings can have a calming effect on the brain, because repetitive motion produces serotonin.

### \_\_\_\_\_Listening audio

There are hundreds of guided imagery recordings you can download to your smartphone or tablet, or use on a laptop or tablet, and other types of music designed to help you relax. Don't forget to breathe, or songs that remind you of a difficult time in your life.

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