

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 stress ball

Just squeezing this 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 someone's name starts with a letter other than your own, it may feel good to call them to break a habit. That will you occasionally call to someone on this list to get her 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. Don't pick slow, sad, or angry songs, and be "mindful" of your own feelings.

_____Inspirational reading

Have a few short stories or reading poems, prayers, or inspirational stories.

_____Funny videos

YouTube's algorithm is so good at making you smile or laugh or "like" it, there are dozens of websites that are designed to lighten your day. Remember what you're feeling when the video can help.

_____Drawing your

Feelings can't make you feel better, but 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 tablet or laptop, and other forms of music designed to help you relax. Don't listen to sad songs, or songs that remind you of a difficult time in your life.

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