

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 examining 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, write down what you want to say, and call them at a set time. That will give you something to do instead of this list being for 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 be "mindful" of your current feeling.

_____Inspirational reading

Many people find comfort in 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

Many people don't realize that drawing your face has a calming effect on the brain because repetitive motion produces serotonin.

_____A coloring book

There are hundreds of guided imagery resources you can download to your smartphone or tablet, or use on traditional paper, and other forms of music designed to help you relax. Don't limit to coloring, or songs that remind you of a difficult time in your life.

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