

## 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 squeezing 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 someone's name starts with your own, what you want to say first (such as "I'm so sorry to hear that") will pop out automatically to the point on this list so you can get help right away.

### \_\_\_\_\_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.

### \_\_\_\_\_A list of photos

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.

### \_\_\_\_\_A fan

Using a fan (especially one that you can hold) has a soothing effect on your mood. Many people find it helpful to use a fan when they're feeling overwhelmed or stressed.

### \_\_\_\_\_A list of favorite songs

Many people find it helpful to listen to music, especially when they're feeling overwhelmed.

### \_\_\_\_\_A list of funny videos

Everyone's had something to make you smile or laugh at the "funny" videos, there are dozens of websites that are designed to lighten your day. Remember what you're feeling when you watch these videos help.

### \_\_\_\_\_A list of your goals

Many people don't realize that having goals has a calming effect on their emotions because it gives them a sense of purpose.

### \_\_\_\_\_A list of your hobbies

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

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