

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 smooth stone

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 your own, what you want to say first (such as "I'm so sorry to hear that") will come naturally and so the people on this list could be helpful.

_____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 people like instrumental music, and for "mindful" relaxation listening.

_____Inspirational reading

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

_____Funny videos

Everyone's had something to make you smile or laugh at the "funny" there are dozens of websites that are designed to lighten your day. Remember what you're looking for so 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 a tablet or laptop, and other forms 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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