

## 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 help you naturally fall to the point on this list to get the 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 people like instrumental music, and for "mindful" relaxation, listening to nature sounds.

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

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

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

YouTube's algorithm is so good at recommending videos that you'll find a lot of funny videos. There are also many websites that are designed to lighten your day. Remember what you're looking for when you need help.

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

Feelings. Some people don't realize that drawing your feelings has 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 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.

Copyright © 2017 [www.therapist.com](http://www.therapist.com)