

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 (and then to whom) is yours. What will you personally say to the people on this list to get the support you need?

_____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 to listen to music, and for "mindful" listening, some people like to listen to music.

_____Inspirational reading

Have a few short stories or reading pieces, poems, or inspirational quotes.

_____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? The funny videos can help.

_____Drawing your

Have a few short stories or reading pieces, poems, or inspirational quotes.

_____Listening to

There are hundreds of guided imagery recordings you can download or purchase on Amazon, iTunes, or other music stores, and other forms of music designed to help you relax. Don't forget to listen to, or sing, that remind you of a difficult time in your life.

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