

My Emotional Emergency Kit

Check off the tools you think would be most useful to you when you feel overwhelmed by emotions. Add additional ones at the bottom of this page.

_____A "grounding" object such as a small stress ball

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 should include three or four people who are emotionally supportive. If you can't reach them, write down what you want to say, and read it out loud to yourself. Next, call or text one of the people on this list to ask for support.

_____A journal to write down your feelings or to draw and doodle

You could use this notebook the old-fashioned way with pen/pencil and just go wild.

_____Positive photographs

Have a few photographs or videos ready accessible. These could be of people, pets, or special places. Looking at these pictures should stimulate positive feelings and happy memories.

_____Music

Listening to songs with a strong positive tone can stimulate affect in your mind. Some people listen, hum along, dance, and feel "revved up" and more awake.

_____Inspiration/reading

Have a copy of material on reading poems, poems, or inspirational stories.

_____Funny videos

If you can't find something to make you smile or laugh on YouTube[®], there are dozens of websites that are devoted to lightening your day. Remember what you're looking for? The video can help.

_____Drawing/paint

Many people don't realize that drawing/paint has a calming effect on the brain because repetitive motion produces emotion.

_____A coloring book

There are hundreds of guided imagery notebooks you can download or purchase on Amazon, or visit on Teachers Pay Teachers, and other sites, of course. They can help you relax. Don't forget to color, or to go to the source of the difficulty in your life.

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