

Things we can do to help dealing with feeling

Emotions like sadness, anger, guilt and fear (the core four) can drain our energy and affect our: Brain (Thoughts), Body (Health), Behaviors (Habits) & Boundaries (Relationships).

We can feel stuck, spinning, suffering, spiraling and/or sick.

Being lost in our stressed-out thoughts usually causes the core four emotions to build up rather than calm down. Connection to our inner self helps us care for emotions.

If there is too much feeling/thinking and not enough 'being' to care for emotions, here is a list of things we can use to:

1. Distract from our difficult emotions & thoughts.
2. Help us to find our center (being, presence, aliveness, inner self).
3. Be with our feelings – Not bury them or be buried by them.
4. Think newer, wiser thoughts as our "thinking brain" lights back up.
5. Plan wiser things to do & say as the energy returns to our brain.

This list is long because different things work for different people at different times so keep it handy and practice asking 'what do I need right now'?

- **Meditate:** Center, Be, Alive, Calm, Peace, Relaxed, Awake, Aware, Presence. (If you can go straight here, great! If not, try something else).
- **Pray:** if consistent with your belief, to a power bigger than yourself.
- **Breathe:** nose, mouth, chest, abdomen, wherever it feels right for you.
- **Hear:** music, sounds, guided meditations, apps, books, YouTube, podcasts, etc.
- **See:** art, sports, movies, YouTube, nature, etc.
- **Smell:** aromatherapy, flowers, candles, etc.
- **Touch:** pet, blanket, water, nature
- **Taste** (as healthy as possible): food, drink, tea
- **Move:** dance, skate, spin, stomp, tap
- **Rest:** sleep, dreams, sleep music apps, YouTube meditations
- Hum, sing, chant, shout, scream, vocalize, etc.
- Write, draw, color, doodle, text yourself, journal, etc.
- Connect with another human.
- Disconnect from other humans.
- Read something calming, helping, inspiring, etc.
- Imagination: pleasant, sight, sound, smell, touch, even taste, thought, idea, etc.
- Nature! Plants, trees, flowers, animals/pets, water, air, sun, earth, etc.
- Thoughts: of gratitude, love, forgiveness, happiness, etc.
- Feelings: of compassion, love, forgiveness, gratitude, hope, peace, calm, etc...

Also – Remember the “Self-Care Six”:

Rest ♦ Movement ♦ Nutrition ♦ Hydration ♦ Sunshine ♦ Breath

It’s easier to care for our emotions when these 6 needs are met.

It’s also helpful to be sure your body’s needs are met so they aren’t distracting or draining your energy:

- Check for Pain, Illness, Temperature, Bathroom needs, Comfortable environment.

This is not meant to overwhelm you or be a ‘to do’ list. This is meant to remind you and be a reference tool.

Ask yourself ‘What do I need right now that would make me feel more centered, comfortable, energized?’

So again, to improve the quality of our brain (thoughts), body (health), behaviors (habits) and boundaries (relationships), we need to take care of our emotions.

Taking care of our emotions can be hard mostly because most of us weren’t taught. Learning & practicing using things from the above list helps us with these steps:

1. Distraction
2. Centering
3. Being with our feelings
4. New, wiser thoughts
5. New, wiser actions
6. Newer, wiser interactions.

We CAN learn by practicing these steps 😊