

## When It Feels Like Too Much

Sometimes our emotions feel like more than we can handle.

When this happens - instead of reacting - we can **stop**, **pay attention**, and **be deliberate**.

Taking time to examine our emotions can help us feel like we have more control over them.

### What am I feeling?

- name the feeling
- acknowledge it, then set it aside



### Where did it come from?

- recognize what triggered or activated this feeling
- make a plan for what to do next time I start to feel this way



### What do I want to do?

- ask myself what I want the result to be - and what would help
- choose whether I want to react now or if I want to wait before reacting



### Is there another way to see this?

- ask, "Will I still feel this way tomorrow? Or will my perspective change?"
- think, "What advice would I give to someone I love if they told me this?"



### What tools do I need to cope with this?

- think, "Who could help me?" and "What would I ask them for?"
- ask, "What do I need to get through this?" and "What should I avoid doing?"



## Imagine your emotions as a wave.

- You can't stop yourself from feeling strong emotions.
- You are not your emotions; these feelings are temporary.
- You can't hold back a wave, but you don't have to amplify it or make it stronger.

Ride your emotions and don't let them pull you under.