



UNDERSTANDING EMOTIONS

Emotions are normal feelings but sometimes our emotions can vary according to the time of day, what is happening around us and whether we are struggling.

Sometimes we have big emotions, this is often due to human's instinct to keep ourselves safe

This is called Fight, Flight and Freeze Response. Although we are quite safe our body has an internal alarm that sometimes goes off when we need to keep safe.

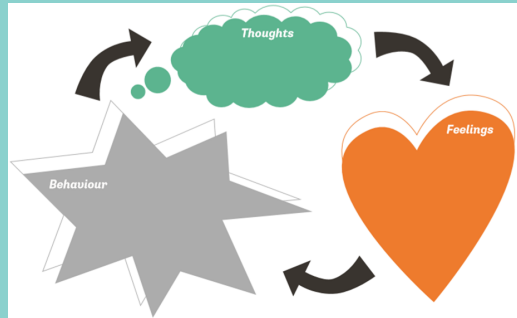
When we are having the Fight, Flight Freeze response our body produces adrenaline which causes changes in the body. We can have thoughts, feelings and behaviours which are all linked to one another.

FIGHT FLIGHT FREEZE RESPONSE

Fight Flight Freeze is our reaction to danger. These days we can react as if we are in danger when we are not. It is important to recognise when we are responding like this.



THOUGHTS, FEELINGS AND BEHAVIOURS



Thoughts, feelings and behaviour

Our thoughts can influence how we feel and our feelings can result in different behaviours and actions and reactions.

It is important to recognise when your thoughts are increasing in number and our feelings in our bodies getting stronger.

We feel growing feelings in many ways including a pounding heart, faster breathing, tense muscles, feeling dizzy or getting restless legs to name but a few.

It is important to give ourselves time to process our thoughts and feelings so we can manage our emotions.



Emotions Thermometer

Our emotions vary throughout the day. It is important to be able to notice and name our emotions.

When we feel our emotions growing it is important not to panic but to try and do calm down exercises.

We have emotions to keep ourselves safe.

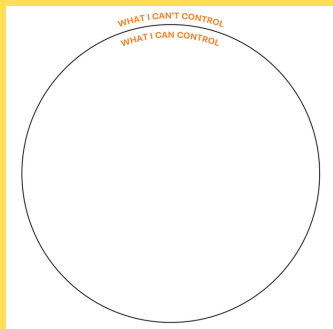
Taking a few deep breaths or distracting ourselves can often slow down how quickly our emotions can grow.



MANAGING WORRY



Managing your worries can really help, try following the worry tree above



The circle of control below shows that we can only control what we can such as what we can control, say, do or think, everything else that you cannot control or do anything about you should try to let go.



MANAGING OUR GROWING FEELINGS

It is important to ask ourselves how we are feeling and acknowledge it. Recognising our thoughts and feelings means we are able to understand and take steps to manage our emotions better.

It is important to see things as they are rather than how we think they are

Noticing our unhelpful thinking can help us think differently and think more clearly.

Is what you are thinking a fact or an opinion?
Is what you are telling yourself true?

Would you speak to your best friend the same way that you are treating yourself?

Ask yourself what is it you need right now and what could you do to help calm your emotions.

Perhaps some breathing exercises may help.

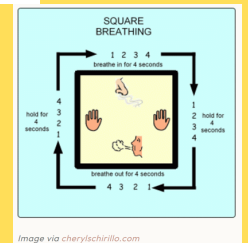
Remember a thought is just a thought and a feeling is just a feeling but if we can reframe our thought we can reframe our feelings.

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MANAGING EMOTIONS & CALMING DOWN

Managing your emotions will help you feel calm again. Try some of these below.



Count the Colours
Pick a colour to focus on, e.g., purple.
How many purple things can you see?
Close your eyes, how many purple things can you imagine?
Why not count the rainbow colours?

FURTHER HELP & SUPPORT



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