A simple step to
calm your emotions
Describe how you feel
Notice the physical sensations you're feeling and try to name the emotion(s) that are coming up. **Be kind to yourself** – you're not judging these emotions as 'good' or 'bad', you're simply acknowledging that they are there, so you can do something helpful to ease them.
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A simple step to calm your emotions

Take a few ‘belly’ breaths

Place a hand on your stomach and take a few slow breaths so that your belly rises and falls instead of your upper chest. **Breathe in for the slow count of 3, hold for a second, and breathe out slowly and fully**, letting your shoulders soften and fall to relieve the tension.

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A simple step to calm your emotions

Check on your thoughts

Ask yourself, *'Is the way I'm thinking right now making me feel worse than I need to?'*

Use the steps below to help you reframe any unhelpful thoughts:

Step 1

Describe what's going on:
What am I feeling?
What am I thinking, picturing or predicting?

Step 2

Consider your thoughts:
Is the way I'm looking at the situation making me feel worse than I need to?

Step 3

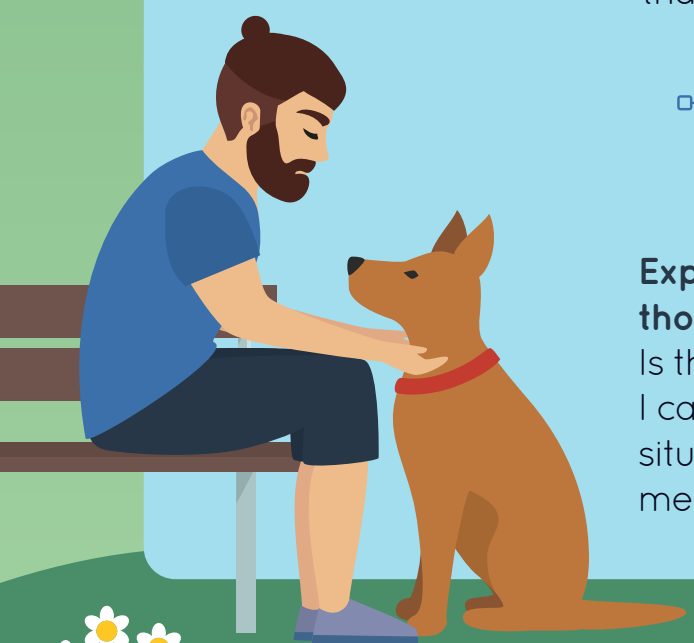
Challenge your thoughts:
Is what I'm thinking true?
Is it helpful?
Is it kind?

Step 4

Expand your thoughts:
Is there another way I can look at this situation that'd make me feel better?

Step 5

Choose how you respond:
What can I do here that will be helpful to me going forward?



A simple step to calm your emotions

Resist the urge to react

Strong emotions can make you feel like doing something you might later regret. **Luckily our feelings don't determine our actions and the urge to react will pass** if you learn to 'ride the waves' of your emotions without getting pulled under. Use the 'belly' breaths to help you learn to surf!

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Allow your emotions to pass

The less you resist, avoid, or fight against an unpleasant feeling, the quicker it will pass by! Practice allowing your emotions to come and go without engaging with them, reminding yourself that **all strong emotions eventually pass.**

You can use 'belly breaths' to let an emotion wash over you without reacting to it, or come up with a kind and gentle way to talk yourself through whatever you're feeling.

E.g. when you notice an emotion come on, say to yourself:

"Hello ——— my old friend. Thanks for stopping by – I know you're here for a reason, so you can stay for a little while, but if it's OK with you, I'll leave you to it".

It will take a bit of practice, but once you find a way to take a step back from your emotions that feels natural to you, it will become easier!

To help you put these strategies into action, download our Calming Your Emotions Guide here.

THIS WAY UP

Online courses and tools to help you improve the way you feel.