

EMOTIONAL EMERGENCY KIT

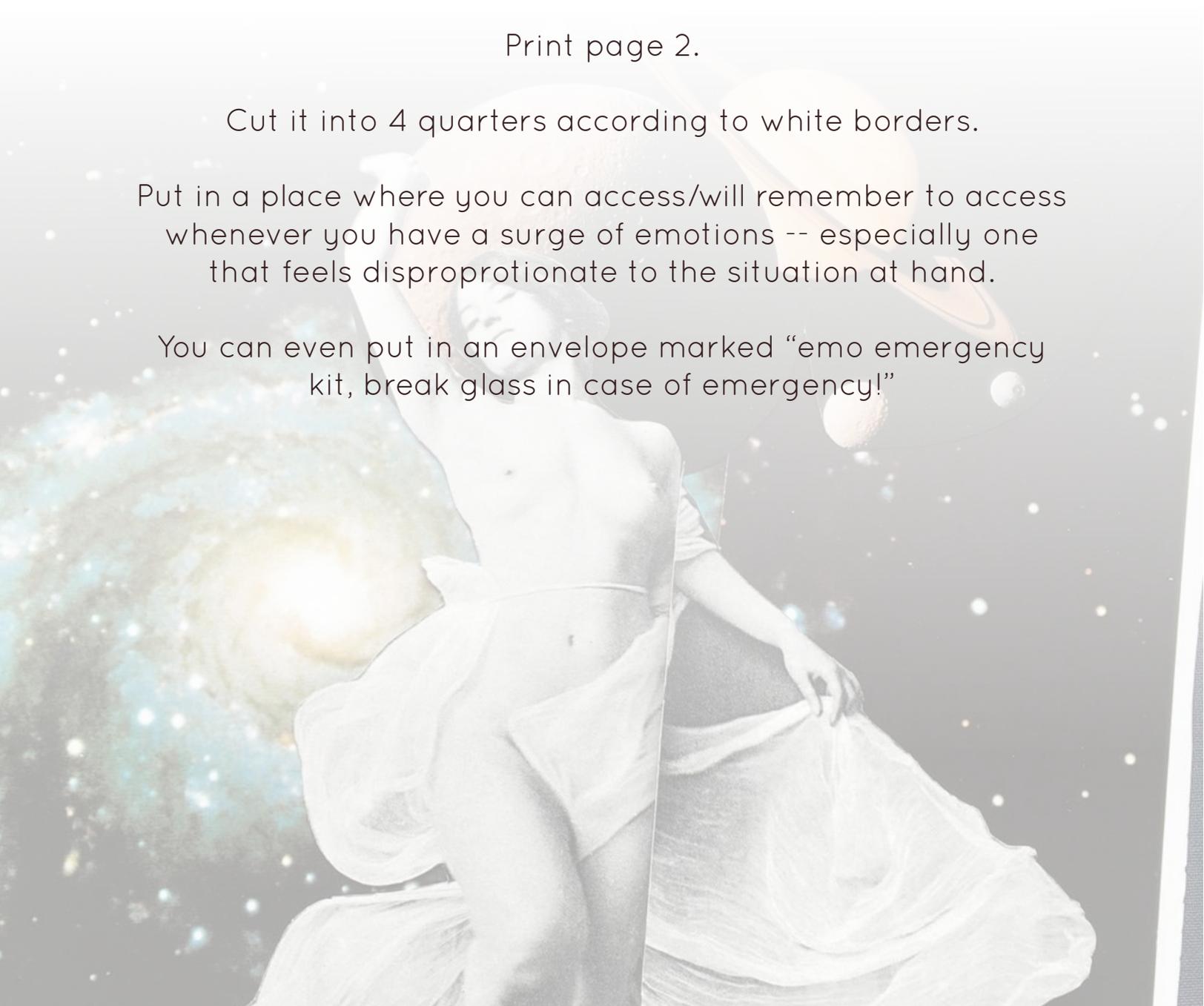
How to use this “kit”...

Print page 2.

Cut it into 4 quarters according to white borders.

Put in a place where you can access/will remember to access whenever you have a surge of emotions -- especially one that feels disproportionate to the situation at hand.

You can even put in an envelope marked “emo emergency kit, break glass in case of emergency!”



EMO EMERGENCY KIT

Stop and breathe. Slow down.

Feel your feelings, don't get run over by them or get taken all the way down. Say no thank you to the shame spiral.

Drink some water, follow each feeling of the water from the glass to the belly.

Put/feel your feet on the ground/earth.

Find a pillow and punch it or scream into it (this is now your anger pillow).

Once you've felt the feels, mentally visit a place where you feel safe, happy, at peace.

Get some fresh air if possible.

Keep breathing. Be kind and gentle to yourself.

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Hot Buttons Exercise

(adapted from Empowerment by Gail Strab & David Gershon)

1. Name the thing actually happening that's pushing your button (not your perception, just the situation).
2. Notice what it feels like in your body.
3. Name the feelings coming up.
4. Be bold and acknowledge the BELIEF beneath the emotion. What do you believe ABOUT YOURSELF when these feelings/this situation arises?
5. When's the first time you remember this every happening (go back to childhood). Be gentle with yourself. Forgive your (young & current) selves.
6. How would you like to respond (especially seeing how old this is)? Write!
7. What's the new song you'd like to sing? Write it down!
8. Create a pause button -- visual/audio cue that will stop the train of thought.
9. Practice using the pause button + new song (rehearse button pushing mentally).

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"The life span of any particular emotion is only one and a half minutes. After that we have to revive the emotion and get it going again."

// Pema Chödrön

"Worry is a way to pretend that you have knowledge or control over what you don't--and it surprises me, even in myself, how much we prefer ugly scenarios to the pure unknown."

"Pain serves a purpose. Without it you are in danger. What you cannot feel you cannot take care of."

// Rebecca Solnit

"In order to move on, you must understand why you felt what you did and why you no longer need to feel it."

// Mitch Albom

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"When our mind is carried away by strong pain, it helps to go back to our relaxed and peaceful in-breath and out-breath. Eventually, when our painful feeling comes back, we accept it as it is instead of letting it carry us away and make us more agitated. We don't fight the painful feeling because we know it is part of us, and we don't want to fight ourselves. Pain, irritation, and jealousy are all part of us. As they arise, we can calm them by going back to our breath. Our peaceful breathing will calm those strong emotions. When an emotion becomes calmer, we can see the roots of our suffering and see that those who cause us pain are also suffering. Breathing with awareness, we generate our energy of mindfulness, and we can have insight into how to handle our suffering..."

// Thich Nhat Hanh