Managing your own emotions

Educational Psychology Service

During this unprecendented time, we may have feelings of fear and anxiety. The need for social distancing can make it hard to connect with others. Remember, we can be resilient in our own unique ways.

You can develop a toolbox of strategies to support your own emotional wellbeing. In order to support young people, you need to first take care of yourself. It's not possible 'to pour from an empty cup'.

In the coming days and months, here are some things to think about.

Become more aware of your changing emotional states

Allow yourself time to notice what you are feeling in your body and the thoughts that are in your mind. Respect what you are feeling and thinking. Breathing and muscle relaxation exercises can help this process (see links below). There are also a range of Apps you can download to your phone (see links below). 'Name it to tame it' – a phrase coined by psychiatrist, Dan Siegel, describes how the process of reflecting on how you are feeling and then naming it can help you gain a sense of emotional control.

Useful websites & resources

Trauma Center— bit.ly/2WDIO8w

Frantic World— bit.ly/2QIPI8H

Dr Dan Siegel— bit.ly/2UddQ5r

Attunement Principles— bit.ly/3blycPI

Susan Jeffers— bit.ly/3bokHPa

"Taking care of yourself doesn't mean 'me first'. It means 'me too'."

- L.R. Knost

Be aware of all aspects of your communication

We know that good communication is created by tuning in to the other person. This happens at many different levels—how you attend to them, how you encourage them, how you listen to them, how you take turns and how you help and support them. The Principles of Attunement (see link below), can help you think about this e.g. friendly posture, listening, smiling, taking short turns, making suggestions.

If you feel anxious…

Use your pause button to STOP and DROP whatever you are thinking about.

Take several deep breaths to calm yourself.

Make yourself a hot drink.

Find a quiet space.

Talk with or join in the play with someone at home.

Enjoy some music.

How you feel can be triggered by your thoughts. Consider what could be causing you to feel worried. Calm your mind by taking charge of your thoughts. Find a strategy or a technique that works best for you.

Recommended Apps

The NHS recommend the following:

- **Chill Panda**—using breathing techniques to help you relax more, worry less and feel better.
- **Cove**—create music to reflect your emotions and express how you feel.
- **Feeling Good: Positive Mindset**—using audio tracks to relax your body and mind and build your confidence.