

How to deal with negative emotions when they overwhelm us...

Have a go at this process when you are experiencing your own negative emotions

Learning to identify, sit with and release your own negative emotions is important as a learning step for dealing with other's emotions.

Here is a process that might help you "sit" with and help others cope with their own emotions.

- 1 Acknowledge it
- 2 Identify and label it
- 3 Accept it as natural
- 4 Know it's short lived
- 5 Get curious and ask why
- 6 Breathe out, consciously let it go

Sitting with the emotions of others and finding coping strategies can take many forms.

You might consider:

- Does it help to talk? Get it all out? Go with it? To go through it?
- Do they need to take a break to get composed? Change of scenery? Walk in the fresh air?
- How might they shift mindset? Deep breaths? Stare out the window? Gratitude activity? Thinking of something positive...?
- Are they paying attention to self care? Exercise? Connecting socially? Making time for something they love? Self-nurturing (bath, massage, music)?

- 1 Observe it
- 2 Acknowledge it
- 3 Empathise
- 4 Gently explore why
- 5 Check for action – what would help?
- 6 Help them move through it