

TIPS FOR BIG EMOTIONS DURING STRESSFUL TIMES



Process Them

Emotions are communication tools; they seek to tell us information about our environment so we can act in an informed way. What are underneath these big emotions? What is their purpose? What are they trying to communicate? Processing our emotions can help us understand what is happening allowing us to feel better able to address the situation. (see handout: Discovering What's Underneath)

Talk About Them

When we hold on to our thoughts and emotions, they often go unchallenged and can become bigger, worse, and/or harder to manage. Talking about what is bothering us allows us to take what we've been experiencing inside, outside of ourselves allowing different perspectives or solutions to present themselves creating opportunities for change.

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Connect with Others

We are hardwired for connection and as such feeling alone or isolated often leaves us feeling defeated in our big emotions. Connecting with people who are experiencing or have experienced similar emotions can help us feel validated and less isolated. There is power in being seen by someone who gets it, it normalizes how we are feeling often making the situation seem more manageable. When we connect with others, we often gain insights into ways of coping that we had not previously considered and can provide support to others which can help us feel more confident and capable. There is strength in numbers we are in this together!

Seek Additional Support

Talking with a mental health professional can offer a safe space in which to explore and understand our big emotions. They can also help us discover new strategies for coping with these emotions and ways of expressing them that work for us. There is absolutely nothing wrong with reaching out for support. Doing so can help us become more resilient individuals in all areas of our life and more confident in facing these big emotions.