

Emotional First A.I.D.

While it is important to acknowledge the collective heaviness so many are carrying right now, many are also navigating personal layers of grief and stress that can feel overwhelming. In times of heightened pressure, unfamiliar or intense emotions often surface, and a natural response may be to try to suppress or push them aside.

Below are tips for using Emotional First A.I.D. to navigate these moments with care and intention. Try them out! Take a moment to recall one recent overwhelming emotion you had. Who was there, where were you, what happened? Accept the emotions, identify what feelings were present, and try to name them as specifically as possible. Finally, what did you do in the moment? Could there have been another action to take?

ACCEPT WHATEVER YOU ARE FEELING!

There is nothing wrong about experiencing any emotion (relief, envy, contentment, guilt, anger, joy, etc.) or any other feeling that occurs. Not accepting your feelings, however creates tension and an inner tug of war. Notice physical cues which are often the first sign of suppressed feelings, such as a lump in the throat, a knot in the stomach, a tensed jaw, etc.



DO SOMETHING!

Cry, walk, run, beat a pillow, tear up an old magazine, talk to someone who can listen without judging, make an excuse to laugh, use art supplies to express your feelings, write about your feelings, or listen to music. Allowing yourself to pair your feelings with an activity can help you release tension from your body and make you feel more in control.



It may help you make space for patience and self-kindness if you let go of expectations that things have to be a certain way. Practice Emotional First A.I.D. when you have any intense emotional reaction, and most of all, try to be gentle with yourself and others.

IDENTIFY YOUR FEELINGS, AND TRY TO BE SPECIFIC!

"I feel bad" is vague, whereas "I feel angry that our normal routine is disrupted" is more precise. When you name your feelings, you are less likely to feel overwhelmed by them.

Need Support? Call Us!

(845) 240-7579