

Emotional

Tools to help you feel.

Better.

The headlines



The smallprint

We're designed to survive overwhelming events by putting our vulnerable feelings to one side.

While it's a helpful and necessary tool, neglecting these feelings for too long - after effectively abandoning them to breed into distressing symptoms. Be it anxiety, low mood - or an often tiring cycle of over-thinking and/or self-defeating behaviours.

To minimise these symptoms requires, an awareness of your feelings, along with healthy ways to express and care for them. Enabling you to grow your way through life's unavoidable cycle of change.

And yes, discussing things usually helps - but context matters, and talking doesn't always feel possible initially.

If that sounds familiar - this toolkit aims to help.

Spoiler alert: Complex symptoms may require more immediate or broader support than contained within this toolkit. As such, the final page provides contact information for other professional help.

The insights

A: Understand your brain

Your **stop**, **pause** and **play** software

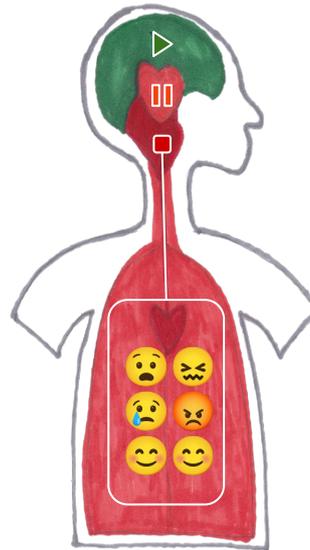
Your Hopeful Brain (the thinker)
reasons, remembers, plays and creates



Your Emotional Brain (the processor)
regulates feelings and emotions to maintain
mental stability and access to play functionality

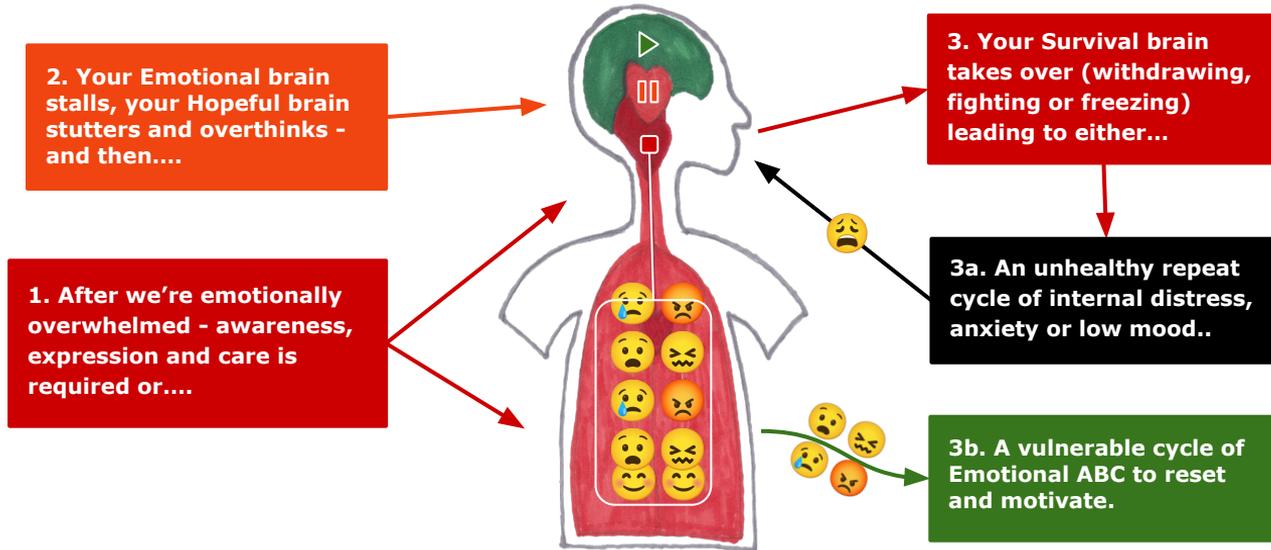


Your Survival Brain (the feeler)
absorbs your everyday experience of
life's ups and downs - limited to withdrawing,
fighting or freezing when overwhelmed



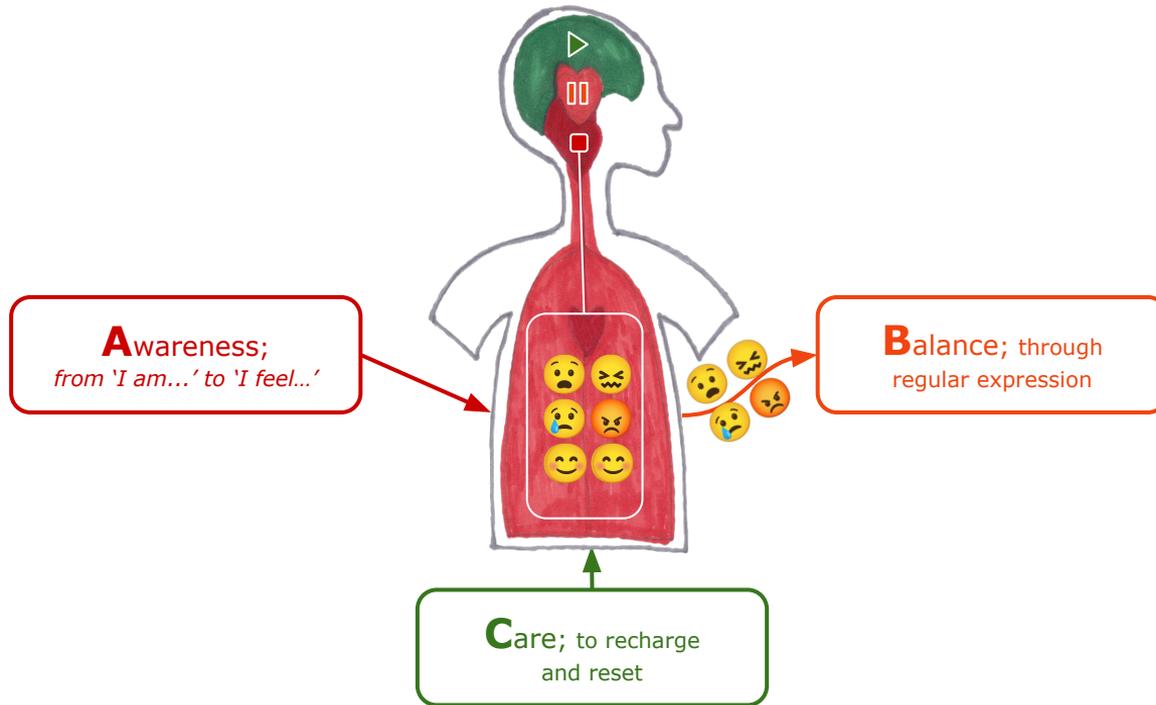
B: Understand your emotional cycle

Why feelings need to **flow** to process **stress**



C: Practice Emotional **A** | **B** | **C**

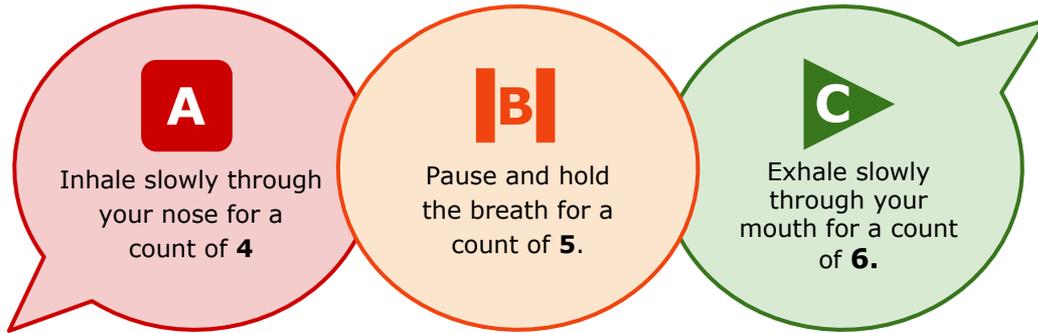
To **accept**, **rebalance** and **grow** your way through change



The tools  A | B | C

B: Breathing for Calm

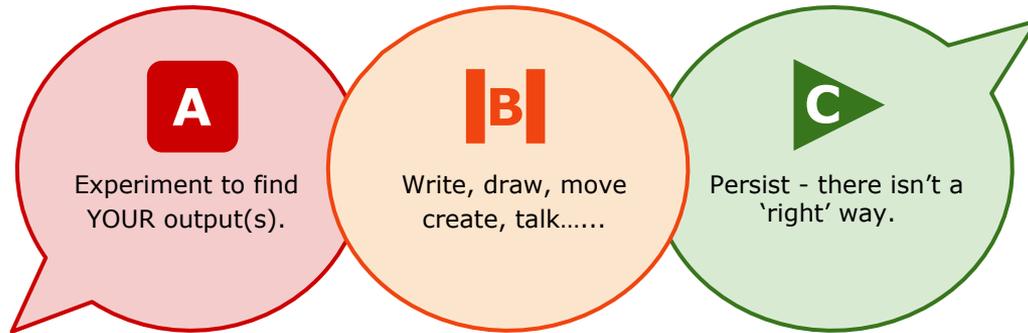
Controlled breathing is nature's magic pill for anxiety - here's how to do it:



How does it work? A longer 'out-breath' than 'in-breath' coupled with a pause, rebalances your nervous system by lowering your heart rate and blood pressure, allowing more oxygen to reach your brain and make room by releasing stress hormones from your bloodstream. Repeat for 2 - 5 minutes as often as required.

B: Expression

To release pressure and make way for change



How does it work? Expressing our feelings has multiple positive benefits. It brings us closer to our experience, it enables us to see problems in a broader context, it reduces the power of the feeling by building our resilience to it and in turn eases anxious or low symptoms.

C: Self-care

A compassionate reminder



How does it work? Recalling positive experiences or outcomes increases calming hormones and reduces stress hormones in the bloodstream which in turn lowers internal pressure and frees up space to feel and think more clearly.

The recap



Conclusion

Experiencing difficult events is unavoidable - doing so, naturally evokes strong feelings. These feelings rarely make sense until you pause to explore and untangle them. To do so requires self awareness and healthy habits, all of which can be learnt.

As you practise the skills contained within this toolkit, internal pressure should reduce. Doing so can be uncomfortable, this is completely natural. Try to be patient and treat yourself as you would treat someone you cared deeply about.

All that said, life can be incredibly tough for some and thoughts and feelings can be complex, so some symptoms may require broader support - please feel free to get in touch with me via email here if you would like to discuss things further. nathan@theunsaidspace.com.

Or in addition, below are contact details for professional bodies where you can find other qualified professionals, along with some free of charge resources that enable you to speak to someone immediately. Either way, the very best of luck to you.

Qualified counsellors / psychotherapists

BACP (face to face or online therapy)
bacp.co.uk

Betterhelp (online or text therapy)
betterhelp.com

Free phone and web chat services

Samaritans
116 123 (open 24/7)

Calm (Campaign Against Living Miserably)
0800 58 58 58 (open 7 days a week, 5pm to midnight)