

# Emotional

A toolkit to help you feel.

**Better.**

# The headlines



# The smallprint

We're designed to survive overwhelming events by putting our feelings to one side. A useful skill on occasion, unfortunately though, doing so for too long leaves feelings to fester. Often to later emerge as general unease or frustration, an inability to settle, low mood or a tiring cycle of over-thinking and self-defeating behaviours.

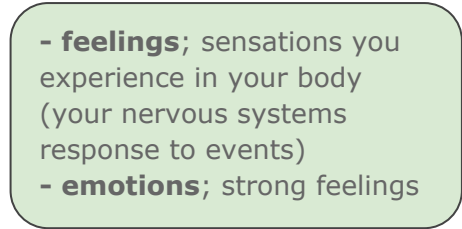
**Ultimately, psychological health requires self-awareness of our feelings, along with healthy ways to express and care for them. Enabling us to reset and grow our way through life's ongoing and unavoidable cycle of change.**

And yes, discussing things usually helps - but timing matters, and talking doesn't always feel right. This toolkit aims to help, by providing insights and techniques for those looking to manage day to day distress, without necessarily engaging professional support.

Some complex symptoms may require more immediate or broader support. The final page provides contact information for professional help, as well as free of charge services to speak with someone over the phone or via text/webchat.

## To feel better by being better at feeling

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**The insights** 

# A: Know your brain

Your **stop**, **pause** and **play** functionality

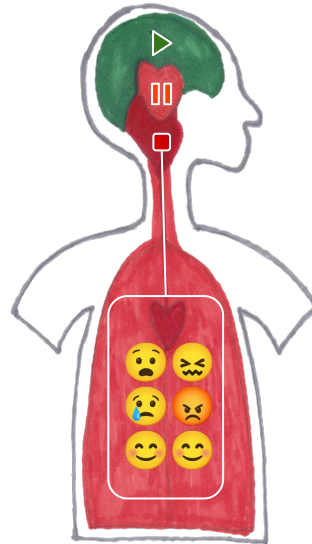
**Your Hopeful Brain** (the thinker)  
Reasons, remembers, plays and creates



**Your Emotional Brain** (the processor)  
regulates feelings and emotions

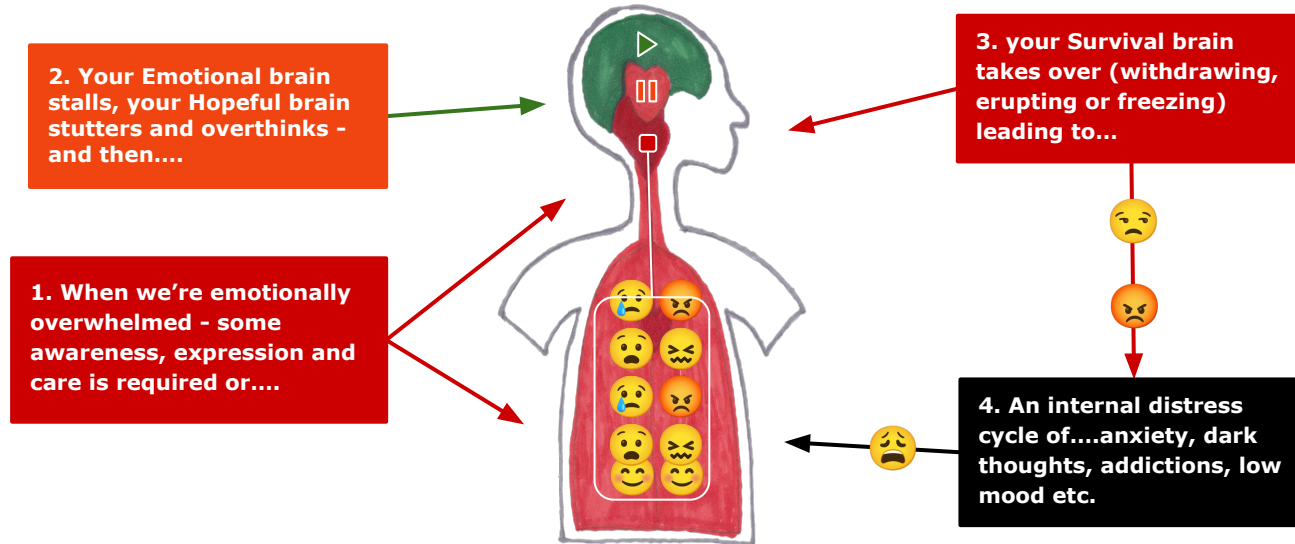


**Your Survival Brain** (the feeler)  
absorbs your everyday experience of  
life's ups and downs - withdraws, fights  
or freezes when overwhelmed



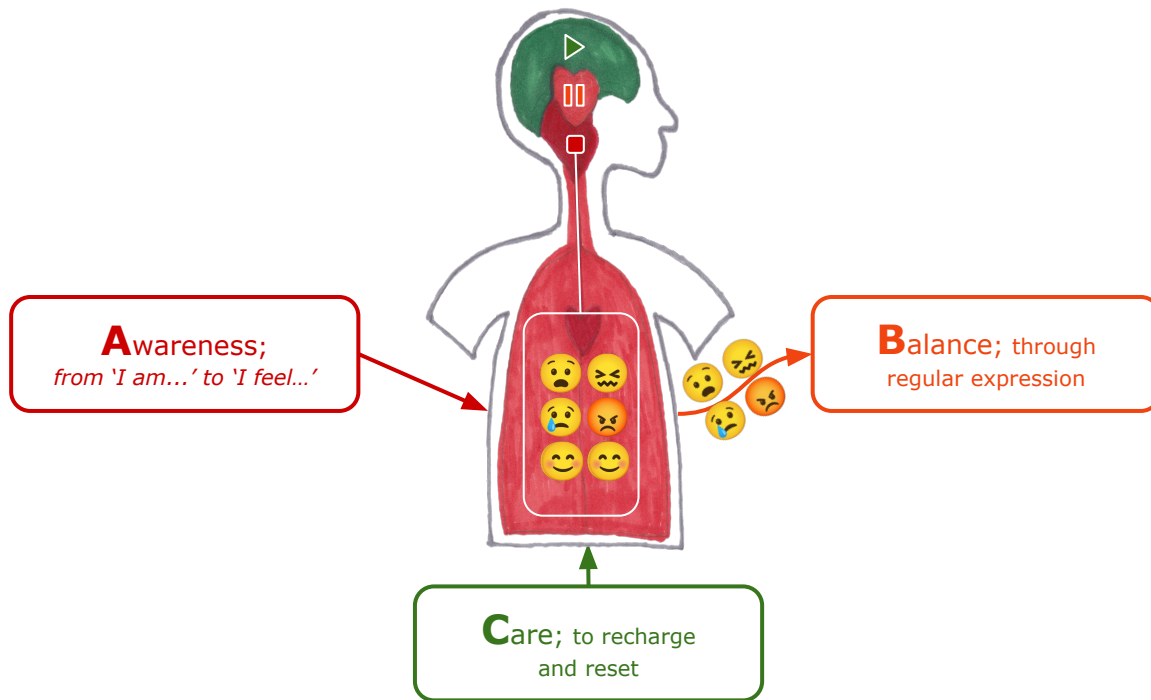
## B: Know your cycle

Why feelings need to **flow** to avoid prolonged **distress**



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

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

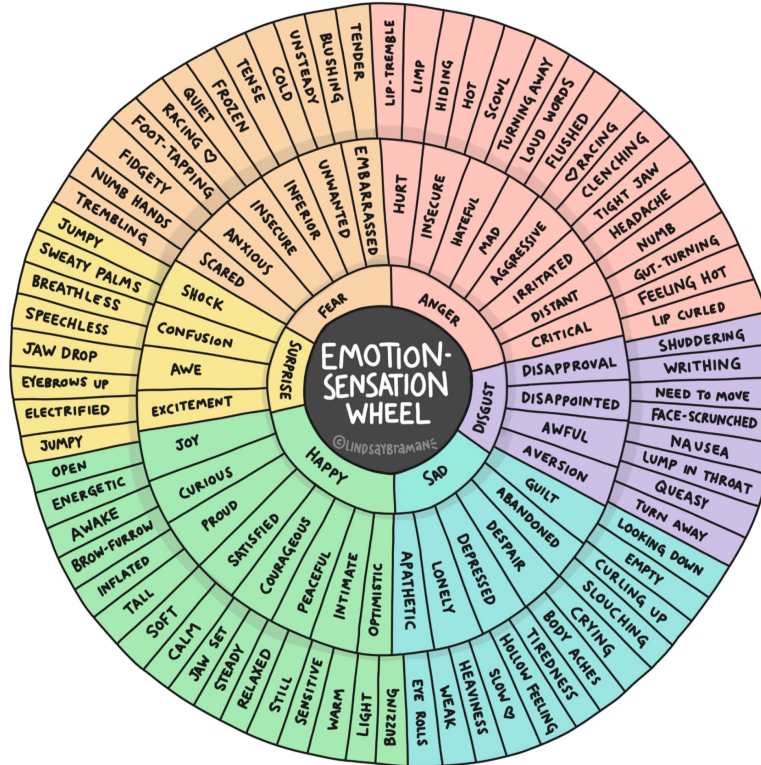




**The tools** 

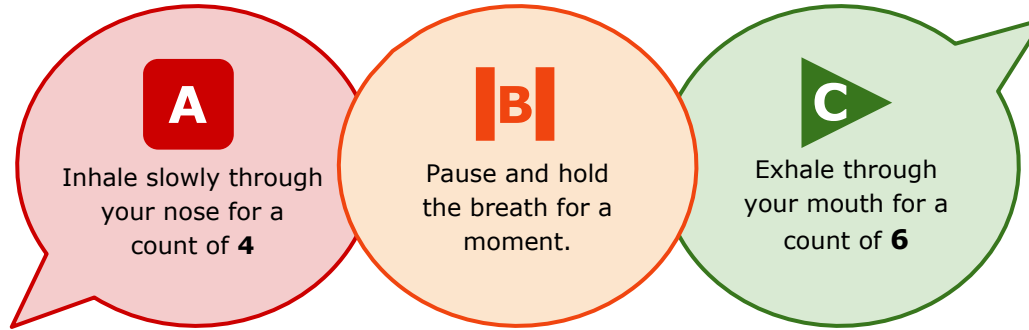
## A1: Learn your emotional vocabulary

## The bridge between confusion and clarity



## A2: Controlled breathing

Nature's magic calming pill

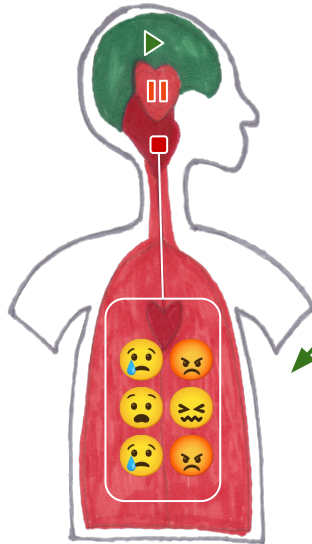


Controlled breathing uses your physiology to return your nervous system to its calm natural restorative state. A 4-6 breath is one method. Be patient, it may take a minute or two to settle, but once you've learned how, it's fast first-aid to relieve stress and make room for something better - here's how:

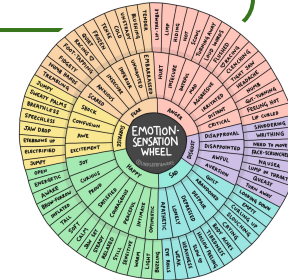
**Why does it help?** A longer 'out-breath' than 'in-breath' rebalances by keeping you in a restorative state for longer. Lowering your heart rate and blood pressure, releasing stress hormones from your bloodstream and increasing oxygen to your brain.

## A3: Mindful Focusing

Connecting with your internal emotional wifi

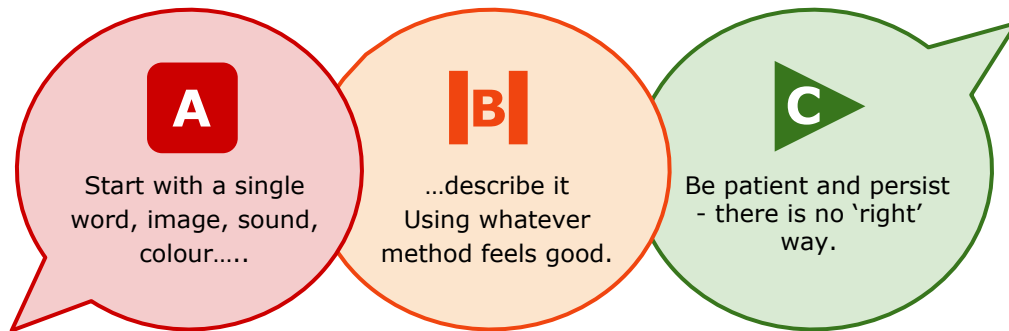


**A** - Pause and focus on the sensations in your body. Use a 4-6 breath for calm if needed.  
**B** - Notice your mind distract you, then gently re-focus on the sensation to begin with and breath (the sensation wheel on pg 5 may help).  
**C** - Take - it - slowly.



## B: Therapeutic expression

To gain understanding and free-up capacity

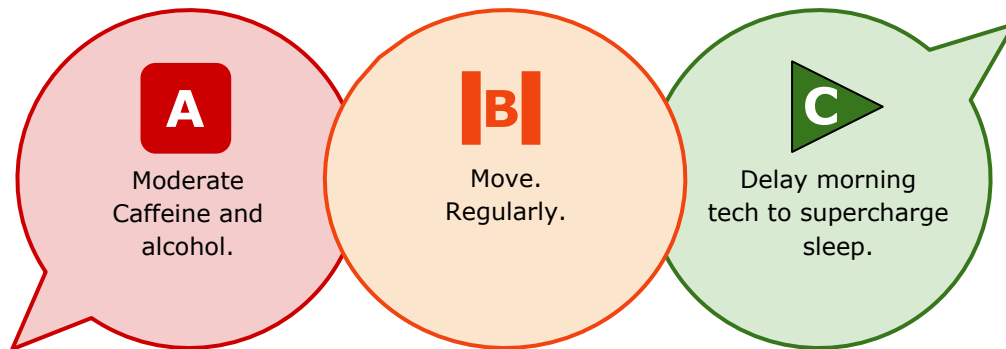


Once you're able to notice your feelings you can begin trying to untangle and depower them by describing them. Writing is one way but any creative expression can work (drawing, music, singing or movement). If finding words is hard - try to describe what you are feeling as a colour, an image, a song, or anything that feels right.

Pause and give the feeling whatever space it needs and remember the breathing technique (A2). Phrases like 'I feel tension in my chest' or 'I feel an anxious sensation in my stomach' are common examples. Often people describe 'a tight ball or knot in the throat or body, that loosens when they focus and breath into it - sometimes sadness or another emotion starts to flow as they do so.....and of they go to explore it further. Please know that there isn't a 'right' way to express confused emotions.

# C: Caring Consumption

To strengthen your mind



## How can they help?

A: Caffeine stimulates your nervous system while alcohol sedates it. Both effectively destabilise and distance you from your natural state - as a result, dealing with stress becomes harder over the long term.

B: Vigorous exercise is optional for health, regular movement however is essential to reduce internal inflammation, slow down the natural degeneration of our cells and promote brain health.

C: Avoiding unnatural stimulation for 30 minutes after you wake, allows your brain to fully embed the processing performed during sleep. Ingesting more information (via a phone or tablet) before this happens effectively dilutes your potential to learn from yesterday's experiences.

# 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 developing self awareness, healthy ways to express things and healthy habits.

As you learn these skills, 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.

That said, life's events and our 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](mailto:nathan@theunsaidspace.com).

**In addition, below are contact details for professional bodies where you can find other qualified professionals, along with two confidential, free of charge resources that allow you to speak to someone immediately to help you deal with things.**

## Qualified counsellors / psychotherapists

**BACP** (face to face or online therapy)

[bacp.co.uk](http://bacp.co.uk)

**Betterhelp** (online or text therapy)

[betterhelp.com](http://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)