



Lisa Gabardi, Ph.D.

www.gabardi.com

Psychotherapy~Mediation~Divorce Consultation

Practical, Compassionate Guidance toward Well-Being, Resilience, and Healthy Relationships

MANAGE EMOTIONS

PAUSE...

1. **Personal Inventory:** Check body sensations, muscle tensions, feelings, thoughts, actions
2. **Slow Down** the Escalation:
 - Breathe slowly and deeply
 - Reduce or eliminate sensory stimulation by closing your eyes, be by yourself, reduce noise
 - Avoid decision-making, action, or reaction until you have had time to calm down

SOOTHE EMOTIONS...

1. **Physical Soothing**
 - Breathe
 - Muscle relaxation (tense and then release muscle groups)
 - Water on face
 - Stretch, walk, dance, run
2. **Sensory Soothing**
 - **Hear** music, nature sounds, water, hum
 - **Smell** fresh air, plants/flowers, candles, lotions, perfume, aroma therapy
 - **See** nature, images of something beautiful or serene, photos
 - **Taste** favorite drink, gum, candy (without over indulgence)
 - **Touch** hugs, lotion, massage, pet an animal, blanket, brush or run hands through hair
3. **Social/Emotional Soothing**
 - Visualize a peaceful place or watch videos of people helping others
 - Call a friend (ask specifically for help calming down)
 - Journal thoughts and feelings
 - Do something enjoyable
 - Find something to laugh about
 - Sing



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CHALLENGE THINKING...

1. Identify and Stop Negative and Distorted Thoughts

- Always/Never
- “Shoulds”
- All or Nothing Thinking
- Worst Case Scenarios
- Blame/Guilt

2. Differentiate between what is Within and Outside of Your Control

- Others’ thoughts, feelings and actions are *Outside* of your control
- *You control* your thoughts, feelings, choices, actions
- *Accepting* what you don’t control does not mean you like it! But it does help you focus on what you can control

3. Identify Realistic and Affirming Thoughts *Remind yourself..*

- of your strengths
- of times when you handled difficult feelings and experiences well and got through it!
- that uncomfortable feelings don’t last forever- this will pass!
- that you can tolerate discomfort- you have before
- that you will be ok

REMEMBER...

- **Pause**
- **Breathe, Breathe, Breathe**
- **Try a variety of soothing strategies to use all of your senses**
- **Accept what is within and outside of your control**
- **Focus on controlling yourself!!**
- **Challenge Negative Thinking**
- **Remind yourself that you can tolerate discomfort and do challenging things!**

Need more help? Contact Dr. Gabardi at www.gabardi.com or 503-629-0272

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