

## Exercise sheet

# I MANAGE EMOTIONAL CRISIS SITUATIONS



- When I'm overwhelmed by a high-pressure situation
- When I have an emotional pain that won't go away
- When I want to act on my emotions but it's only going to make things worse
- When I feel I'm going to lose control
- When I can't solve the problem straightaway
- In a crisis, when I can't think straight...
  - I distance myself
  - I make the moment gentler
  - Anchoring techniques ([check out the resource « Anchoring, How to detach yourself from emotional suffering »](#))

## 1 STOP

I stop; I don't react; I pause; I do nothing; I resist the urge to do something.

## 2 I Take A Breather

I pause and take a deep breath.

## 3 I change my body chemistry

I lower or raise the temperature: wash my face with cold/hot water; put cold/hot water on the back of my neck; put a cold pack on my face; put a hot water bottle on the back of my neck; put a cold pack over my eyes; put my hands in a basin of cold water; cuddle a hot water bottle.

## 4 I exercise strenuously if it's possible at that point in time.

## 5 Or I make the moment gentler as necessary

I breathe deeply and slow down

## 6 I relax

I relax my muscles: I contract my muscles when I breathe in and relax them when I breathe out, saying « relax » to myself ([check out the resource « Jacobson's Progressive Relaxation »](#)).