

Week 2

Feelings – Our feelings when experiencing grief comes in huge waves and soft ripples. Sometimes we see it coming, and often it comes from nowhere. Learning how to dose those feelings can help. Feeling them is part of healing but when they are overwhelming you need some tools to help you through.

Here are some tips:

- Setting a timer, feel the feeling for a set amount of time and then do something. Move your body, go for a walk, call a friend, use distraction.
- Learn mindfulness techniques (no this is not always meditation) you can find a list on the Inner SoJourn website. These can be practiced to help refocus our thoughts and feelings.
- Journal – writing out feelings can be helpful.
- Check in with your body
- Refocusing – sometimes we have been in sadness too long that we know no other way to be. It takes time and practice to reprogram the brain into different feelings. Don't give up.
- If you feel overwhelmed and hopeless sometimes speaking with a professional can help.

Steps to help handle negative emotions

1) Identify the emotion

- Be aware of how you feel, try to name it
- Don't hide your feelings from others, if you feel safe share your feelings with someone
- Understand emotions are a normal part of life.
- Explore the triggers.

2) Take action

- Express your emotions (journal, talk with a friend)
- Learn how to refocus your emotion and not to stay living in it
- Seek support
- Self-Care - Eat well, stay hydrated and exercise

3) Get help with difficult emotions

Feelings Chart

Negative Feelings	How I would like to feel

Actions I can take when feelings are overwhelming

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