

Basic rules to give you immediate relief - Save this it could save you 😊

Having difficulty managing emotions? Try these quick fixes:

1. Don't react right away –
 - Don't react to everything that provokes you,
 - Try silence - what will happen if you say nothing?
 - What will happen if you give it some thought, time and reflection?
2. Find a healthy outlet - Something physical would be good, something high energy, a run, a swim, a long walk
3. Look at the bigger picture – Ask yourself –
 - What else is going on
 - What needs your focus?
 - Why is this happening?
4. Accept thoughts – Accept negative thoughts, let them pass by, don't dwell on them, don't engage with them
5. Forgive yourself - You are only human

Don't feel too good about yourself? Try sticking to 'The Four Agreements' by Don Miguel Ángel Ruiz, summary by me:

1. Be true to your word
 - Identify your values and practice them everyday;
 - try to be honest
 - and work on not hurting others.
2. Don't take anything personally –
 - Most things other people do and say is about them not you..so DON'T react.
 - Don't absorb other people's perspectives, learn from them but don't get hurt by them.
3. Don't make assumptions –
 - When you do this you are making an ASS out of U and Me.
 - Ask questions unless you are psychic! (lucky you if you are).
 - Get curious before jumping to conclusions that may hurt you or others.
4. Be your best –
 - Achieve your goals your dreams.
 - Always - ask yourself how do you want to feel at the end of the day? For e.g. Today was a good day, I was at my best, I worked hard, I played hard, I gave my best to my loved ones, I laughed hard. And then make sure you set out to make those feelings happen by the end of your day.

How to stop worrying about something - a snippet from Dale Carnegie

1. Get your facts straight by writing down what you know and what you're worried about.
2. Analyze those facts, to figure out your options.
3. Make a decision, and stick to it.

Breathe

When all else fails to calm you, ease your worries, deflate your anger, release your hurt, slow down the tears, relax the fear, just breathe. This doesn't have to be for half an hour just a few minutes.

Take 3 deep breathes in from your nose and breathe long and slow out through your nose. Count five as you breathe in and five as you breathe out.