

Relaxation

Visualise the feelings as a wave—ride the wave into the shore. Sit and tolerate the anxiety/distress/unpleasant feelings.

Count up and backwards in 3's, 4's, 6's, 7's, etc

Take opposite action

Take ten deep, slow breaths. Focus on the rise and fall of your rib cage, the air moving in and out of your lungs. Notice the sensations as the air flows in, and as the air flows out.

Utilise a feelings/emotions chart to try to identify what you are feeling and grade its intensity.

Imagine your emotions as clouds in the sky—watch them float by in their own time, eventually passing out of sight.

Identify 3 things you can see; 3 things you can hear; 3 colours you notice; what you can smell; textures you can feel.

Journal

feelings

Coping Strategies for Dealing with Unpleasant Feelings

Pause — take a few breaths to ground you and step back into the role of an observer.

P.E.A.C.E.



Compassion — Say kind words to yourself...the same words you would say to a hurting child or good friend and comfort yourself.

Examine - and observe with curiosity, what you are feeling and where you are feeling it. Recognise and label the emotion.

Allow — Accept the distress of the emotion.

Engage — Rather than 'reacting', 'respond' in a way that aligns with your values and how you would like to act in the midst of this emotion.

Courage is not the absence of fear, but taking action in spite of fear.

Strategies retrieved primarily from:

○ Harris, R 2007, *The happiness trap*, Trumpeter Books, Boston, Massachusetts, USA.

○ Linehan, MM 1993, *Skills training manual for treating Borderline Personality Disorder*, The Guilford Press, New York, USA.

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