

Support and Resources



Helpful Resources:
Get Self Help
getselfhelp.com

NHS Recommended Apps:
#StayAlive - tools and tips to keep you safe in a crisis
Bright Sky - confidential support and information for anyone in an abusive relationship
Headspace - mindfulness and meditation tools and resources

My Support Network:

GP.....
Mental Health Professional.....
.....
Family or friends who can support me or just distract me
.....
Stonepillow Chi Hub/Bognor Hub
01243 775925 / 952243
Other numbers.....

IN AN EMERGENCY
Call 999 or Go to A&E
Call the Samaritans 116 123
Text SHOUT to 85258

Mindfulness

Mindfulness can help us to manage strong emotions. It can help us to slow down, ground ourselves into the present, and find a way out of the storm

1. Sit up straight, but not stiffly, in a chair with your feet flat on the ground.
2. Place your hands in a balanced position and close your eyes.
3. Focus on your breathing, as you follow each breath in and out.
4. After 1 minute (or longer), gradually open your eyes and resume activities.

Breathe in



Breathe out

SQUARED BREATHING



Managing Intense Emotions

Emotions are feelings. We all experience emotions, but the intensity of the feeling that we experience can vary. Some emotions can be uncomfortable to feel.

It might be helpful to group feelings:

- SAD - sadness, grief, depression
- MAD - anger, rage, annoyed, hatred
- BAD - shame, guilty, humiliated
- SCARED - anxiety, fear, panic

It will pass!

Strong and intense emotions can feel overwhelming and create strong urges to self-harm, or use substances, in an effort to escape.

This does not work in the long run, the emotions will always come back and they tend to come back stronger!

However, the emotional intensity will pass. Instead of reacting to the emotions, we can learn to ride it out. Just like a rollercoaster, it doesn't make sense to try and stop the rollercoaster mid-ride, or try to turn back, we can ride the emotional intensity rollercoaster safely back to the ground



Self-Soothing:

Be kind to yourself in the face of difficult emotions. Self-soothe by doing something nice for yourself, and try to stimulate as many of your senses as you can.

What do you find calming visually?


What smells relax you?

Do you prefer hard, soft, warm or cold textures?

What music or sounds can soothe you?

OPPOSITE ACTION

When we experience really strong negative emotions, it's easy to get caught up into the old pattern of using unhelpful and damaging coping strategies such as using substances, self-harming, having outbursts or developing unhealthy eating habits.

EMOTION	ACTION URGE	OPPOSITE ACTION
SAD 	<i>Isolate myself</i>	<i>Message a friend, be with others</i>
MAD 	<i>Yell, threaten others</i>	<i>Take 10 deep, quiet breaths, be kind</i>
SCARED 	<i>Avoid</i>	<i>Confront scary situation</i>
BAD 	<i>Avoid eye contact</i>	<i>Hold head up, make eye contact</i>

Remember the STOPP skill*. The best thing to do when feeling intense and overwhelming emotions is to take a deep breath, try to slow down the rollercoaster, notice what is going on for you (thoughts? physical sensations?) then name what you are feeling. Be kind to yourself, your emotions are valid. Try to focus on managing your emotions rather than judging them.

*For more information on the STOPP skill, please see the Stonepillow Anxiety Leaflet