

Emotions

Welcome back to  
**CAM**

**Calm**  
**And**  
**My**

Chapter 4

# **M Ainty Mer**

Please think back on the past week, and rate your weekly

Growing up, many of us are taught so little about understanding, valuing, and managing our emotions. So let's begin with the question. .. "Why listen to my emotions?"

## Why Listen to my Emotions

### 1 Emotions Communicate to us

Emotions help you better understand situations, our goals and needs. They signal that something important is happening. For example, feeling intense anger after being mistreated can signal that you deserve to be treated better.

### 2 Emotions Communicate to (and from) Others

Facial expressions, body language, and vocal tones communicate faster than words, and often are more genuine than what people are saying. We constantly communicate to each other and influence one another through emotions. For example, when you see sadness in others, or they see it in you, there is often a pull to help and comfort.

### 3 Emotions Enhance our Lives in Life

Emotions enrich life by bringing feelings like joy, excitement, and contentment to your life experiences. Even our so-called "negative



## Is the Action I'm Feeling?

When you notice an emotion strongly pulling you to do something, ask yourself, "What does this emotion want me to do?" Then, consider "Is that effective?"

Does reacting the way this emotion wants go with your goals, values and best interests? Is this something that you will likely regret later?

With anxiety, the urge

# Mess and Action Units of Emotion

Emotion Message Action Unit Role Action

Anxiety There is

*Adapted from Linehan, 2015*

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# Building Resilience by “Building My Buffer”

*Image: Pixabay.com*

## Buffer Check: Thick versus Thin Buffer

Please imagine the two different scenarios read by the group facilitator

What is my “buffer?”

Imagine your buffer as a shield or force field around you. No one can see it, but you can feel it when your buffer gets thin or thick.

When it is thick, you feel less affected and upset by challenges. Your buffer helps shield and protect you when something stressful happens.

Our buffers are always changing. Often, despite our many efforts and resilience, our buffers have been worn thin. Doing a “buffer check,” can help you be more self-aware and approach challenges effectively.

“Buffer Check”



## **Getting It**

On the handout below, please list a few ideas that could help build up your buffer.

*Image: Pixabay.com*

### **Physical Health**

(sleep, healthy eating, avoiding or reducing caffeine or other substances, exercise, etc)

### **Emotional Health**

(journaling, talking with supportive people, engaging in something meaningful or spiritual, affirmations, fair and honest self-talk, outlets like drawing, dancing, photography, etc)

### **Social Health**

(consider people in your life who tend to pull you down or lift you

## **Exercises for Mindfulness of Emotions**

This mindfulness of emotions practice is completely voluntary. If you decide to try this, you can also choose to end at any time you wish. This exercise will involve bringing your attention to a memory of a specific time when you felt anxious. It's usually best to begin by choosing a time you felt quite anxious, but not completely overwhelmed.

In a moment, we'll ask you to visualize a recent situation when your anxiety was fairly intense, but not so high it was a 9 or 10/10 in intensity. Then, you'll practice noticing the details you can recall of that event, and the thoughts, images, sensations, and emotions that arise during this practice.

Please allow yourself to accept whatever comes up. Tears are just fine if they come to surface, and there is no right or