



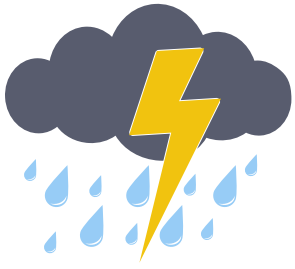
HOW TO QUIET THE



EMOTIONAL STORM



Jordyn Fitzgerald  
creative therapies



# HOW TO QUIET THE EMOTIONAL STORM

- Step one: Identify what's happening.
- Step two: What emotions do you observe?
- Step three: What do you feel in your body?
- Step four: Accept what you're feeling and notice what you're telling yourself.
- Step five: Remind yourself that emotions are temporary. How will I feel five hours from now, how will I feel five days from now, and how will I feel five months from now?
- Step six: Check the facts-- look at the assumptions you're making and the interpretations, but also recognize that they are not the facts.
- Step seven: does my emotion and or intensity fit the facts?
- Step eight: Pick your favorite breathwork to self-soothe or find a coloring sheet to color.

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# LET'S CONNECT

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