

The 3 Step Approach

How to Deal with Your Overwhelming Emotions

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WHEN ANXIETY MAKES YOU ANGRY

Step 1: Identify and Empathize

"WHAT EMOTIONS AM I FEELING? WHATEVER IT IS, I KNOW IT'S OK."

REMEMBER, THERE'S NO SUCH THING AS A BAD FEELING. ASK YOURSELF, IS IT ANGER, OR IS THERE SOMETHING ELSE GOING ON, LIKE...

- BEING IN A NEW SITUATION?
- DEALING WITH CERTAIN PEOPLE?
- STRESS ABOUT SOMETHING ELSE?

Step 2: Calm

"I KNOW I CAN CALM DOWN, NO MATTER HOW I FEEL."

YOUR GOAL IS TO CALM DOWN ENOUGH TO THINK CLEARLY, SO CHOOSE A FEW RELAXATION ACTIVITIES.

- BREATHING: 8 COUNT BREATHS OR HEART AND BELLY BREATHING
- MUSCLES: PROGRESSIVE MUSCLE RELAXATION OR STRETCHING
- MINDFULNESS/MEDITATION: 5 SENSES SCAVENGER HUNT OR PAPER BOATS

Step 3: Game Plan

"MY BODY'S CALM, MY BRAIN'S CALM, SO WHAT CAN I DO NEXT?"

SOMETIMES WE HAVE TO DO THINGS THAT WE DON'T WANT TO, BUT THERE MAY BE ROOM TO COMPROMISE. FIGURE OUT THE LIMITS OF WHAT CAN BE DONE, AND FIND THE OPTIONS WITHIN THOSE PARAMETERS.

- I HAVE TO TURN IN THE ASSIGNMENT, BUT HOW CAN I GET A GOOD ENOUGH VERSION COMPLETED IN TIME?
- I'M GROUNDED, SO HOW CAN I SHOW MY PARENTS I'M READY TO MAKE AMENDS?