

# I Can't Deal...

managing the emotional takeover

(for adults)

TIPS FOR USE (see reverse)

## PHYSICAL ACTIVITY

Ride a bike / take a hike or run  
Exercise for at least 20 minutes  
Play an instrument  
Dance for 5 minutes  
Take a 20 minute walk  
Clean or organize your environment  
Punch a punching bag  
Garden

## EMOTIONAL RELEASE

Yell in pillow or bathroom  
(not at someone)  
Laugh or use humor  
Cry (set a timer if needed)  
Say an uplifting quote aloud  
Notice what emotions are felt and where in the body  
(pair with box breathing)  
\*\*See writing activities below\*\*

## RELAXATION

Take a bath  
Use a stress ball  
Pray, meditate, or sit in silence  
Color or draw  
Pop bubble wrap  
Go for a drive (if it's safe for you)  
Box Breathing (3x)  
\*inhale for 4, hold your breath for 4, exhale for 4, hold your breath for 4\*

## DISTRACTION

Watch 1 episode of a favorite show  
Play a game for 15 minutes  
Do a puzzle or word search  
Read a book  
Listen to music  
Rip up blank paper  
Sing an encouraging song  
Visualize a stop sign & redirect thoughts  
Act opposite of negative feelings

## SELF-CARE

Stop electronics 30 minutes before bed  
7-9 hours of sleep each night\*\*  
A healthy activity to nourish the soul  
Eat healthy foods  
Set boundaries and say, "No."  
No caffeine 4 hours before bed  
Gentle stretching  
Take a 1 hour social media break

## CONNECTION

Talk with someone you trust  
See a counselor  
Care for or play with a pet  
Schedule time with self  
Attend sport event  
Attend meeting/event for a hobby  
Brainstorm solutions with a healthy support  
Attend spiritual service/event

\*\*According to the National Institutes of Health (NIH)

## WRITING ACTIVITY

Write a thank you note to someone you care about  
Make a gratitude list (5 things you are thankful for and why)  
Create a worry box - write worries on slips of paper and put in box  
Journal - pen & paper, electronic, video, voice memo  
(Examples: I feel/felt \_\_\_ because \_\_\_. One thing I'm proud of is \_\_\_.  
A high and low from today \_\_\_. I am looking forward to \_\_\_.)

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## TIP FOR USE:

Pick 1 or 2 tips from each category to help you deal with emotions. Plan ahead for what you will use with each emotion. Begin practicing when things are going well. This practice helps increase your chances of being in control of your response to the emotions when they arise.

If you feel your emotions are taking over, **please seek support** from a counselor, trusted friend, or supportive family member.

## RAFFINÉE WILSON, LPC

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### MEET RAFFINÉE

Raffinée Wilson is a Licensed Professional Counselor in Texas specializing in adolescents, anxiety, and depression. She recognizes the emotional experience is often met with judgment or even dismissed due to lack of understanding. Raffinée has a passion for equipping teens to have a healthy appreciation for their emotional experience. Raffinée's work helps to equip parents, mentors, and other influential adults of teens with proven strategies to bridge the communication gap. She firmly stands on the belief that, "Emotions are real, serve a purpose, and are a means of communication that individual may use to draw data and information."