

# PROCESSING EMOTIONS during COVID-19



As emotions go uninterpreted, they can manifest in profound restlessness, anger and even depression. We get further and further lost from ourselves, which can lead to a deterioration in our mental health. The longer we leave it for the more intense our condition can become and harder it is to find ourselves again.

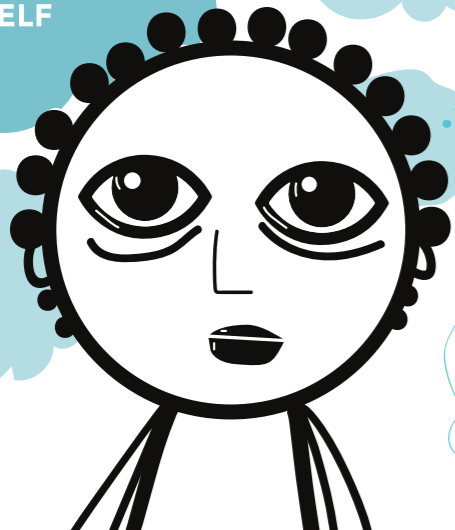
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## SEE IT

Mindfulness is the practice of observing our thoughts, emotions and physical sensations, as distinct from being in them.

The more we practice mindfulness, the easier it becomes to observe and not jump into our feelings. We don't ignore them or push them down, but we consciously listen.

SPEND 5 MINUTES SITTING WITH YOURSELF



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## SAY IT & SENSE IT

Which emotions have you **felt** today and **where** in your body have you felt them?

As you try name the feelings be conscious of observing them and not jumping into them, nor judging them or analysing them.

When we name our feelings it helps to say;

- 'I feel anger in my body right now' rather than say 'I am angry'
- 'I have some sadness in my stomach' rather than 'I am sad.'

I will **not** judge my thoughts,

I will **not** analyse my thoughts,

I will **notice** my thoughts passing by **like clouds** on a **sunny** day

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## ACCEPT IT & STAY WITH IT

Accepting emotions is what is usually missing from the picture. In the context of processing our emotions, acceptance means ending the struggle against the emotion. Usually, it means letting it be felt in our body.

What we usually do instead of acceptance is abandon the experience in favour of something distracting. Often distractions come in the form of food, alcohol, smoking, excessive exercise, sex, cleaning... can you relate to any of these?

be curious

THESE ARE NOT HEALTHY SUSTAINABLE SOLUTIONS

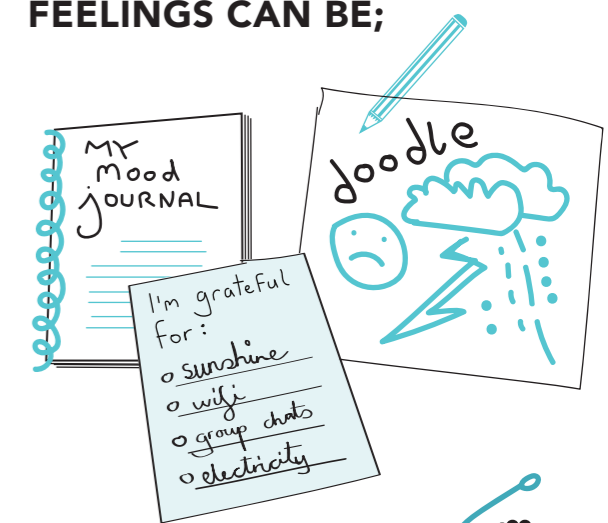


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## MAYBE SOME ACTION

Once you find you can relax into the emotion take a few deep breaths and notice if the feeling is changing or shifting at all.

**SOME ACTION ITEMS TO DO AFTER SITTING WITH YOUR FEELINGS CAN BE;**



Some gentle stretching in a quiet space is super. Try to lean into your emotions instead of away from them. They don't want to be trapped in you either, loosen them up, let them be free.

