

Counselor's Corner November 9, 2020

EMOTIONAL EMERGENCY KIT

Living in a hurricane prone area, we often are reminded to be prepared for disaster. We are told to be ready to survive for up to two weeks with an emergency kit of supplies. But what about the invisible internal preparations? As we attempt to function through months of ongoing stress, preparing an Emotional Emergency Kit is needed too.

An Emotional Emergency Kit is a set of emotional wellness tools to support you through difficult and challenging situations. It can include some of the following things that you can share with your family to build emotional resilience and connection.

Emotional Food/Water: Daily nurturance includes doing at least one activity each day that promotes self-care like wearing comfy clothes, taking a bubble bath, eating your favorite food for a meal, or having a cup of a warm beverage like tea.

Emotional Flashlight: Identify something that reminds you to focus on hope. This tool could include creating a family mantra, motto, prayer or affirmation that you can recite together.

Emotional Batteries: Sleep hygiene is important for overall well-being. Try adding an extra 30 minutes to sleep time and include a soothing activity before bed.

Emotional Cell Phone: Stay socially connected by making a list of people you can call for support and check in regularly with them.

Emotional Charger: Taking a 10-15-minute break when feeling overwhelmed can reduce feelings of being negatively engulfed. A time-out can include taking a walk or run, having a laugh, praying, or doing whatever you can to detach for a while.

Emotional Self-Check-In Tool: It can be helpful to engage in activities that support you in identifying your feelings so you can take steps to promote wellness through things like journal writing, art projects, meditation, or talking to trusted friends.

Emotional Blankets: Spend time doing something that makes you feel good, like playing with pets, reading favorite books, playing games, dancing, sports, and spending time with friends and loved ones.

Emotional Map: Having an overall goal for moving through difficult times with as much ease as possible can be beneficial. Try creating a visual image of your primary goal as a family at this time (e.g. staying connected, maintaining balance, minimizing stress, practicing gratitude, etc.). What is your vision for yourself at the end of this journey?

Just like we prepare for physical disasters, we can emotionally prepare for inevitable challenges that may lie ahead. Instead of waiting to react, take time now to talk with your family about what you all need to practice to get through challenging times.

Source: www.girlsleadership.org