



EMOTIONS ARE A BIT LIKE THE WEATHER...

Sun, rain, storms, wind, and snow all naturally come and go in the sky -

Just as emotions - like joy, sadness, anxiety, pride, anger, calm, confusion, hope, worries, fear - all naturally come and go in us.

Notice that no matter how difficult the weather - however big the storm - the sky is always there, unharmed. The sky makes room for the weather, and the weather always passes.

Emotions are a natural human reaction to the world around us, and they often show us what we care about. In this sense, it's natural to feel mixed emotions - anxiety, unsettled, worried, about the current coronavirus pandemic... Perhaps it shows that you care for loved ones, people around you, or that you value health or freedom to move and go places.

If we didn't care, we wouldn't feel the tricky emotions... however, if we didn't care we also wouldn't feel a need to help and care for other people - and it's really important right now that we pull together. So, we need to learn to live with emotions coming and going.

CAN YOU BE LIKE THE SKY?



Sometimes, emotions feel tricky! It can be uncomfortable to feel worried, sad, anxious, especially when several emotions come all at once! However, pushing these emotions away tends to make them louder (like if you try and ignore an annoying class-mate, or a distracting sound).

Being like the sky means that we 'allow' emotions to come and go like the weather. However tricky the emotion, it will always pass.

Even really intense emotions will fade and change over time, and eventually be replaced by a different emotion; just like a rainbow in the sky, after a storm.



WHAT CAN YOU DO WHEN TRICKY EMOTIONS SHOW UP?

Talk about them with friends or family who you trust.

Know that however difficult an emotion feels right now... it will pass in time

Take some gentle deep breaths: In for 4... pause... out for 4.... This should feel calming. Notice how however big a tricky emotion feels, you can always breathe and move your body around it.

Think about what you might find enjoyable or calming right now, or what you want to plan to do: Time with friends, family, or a pet... listening to music... getting fresh air...