

Stress Management

A technique to cope with overwhelming emotions

1) Self-monitoring

Recognising the early signs of emotion so you can cope. Being aware when feelings of anxiety or sadness are developing and initiating coping techniques.

2) Self-instruction

Talk yourself through the anxiety.

You need to develop a list of coping statements that help you deal with the overwhelming emotions.

- a) Firstly, start by relaxing and breathing to remove any tension. Use coping statements dealing with the tension such as “Breathe deeply and exhale while saying relax”.
- b) Use statements to cope with the feeling itself such as “I have got through this feeling before and it will pass in a while”.
- c) Use statements to step back and put the feeling in perspective. You may feel bad for a while but it will subside. Such statements could be “ I’m doing my best to cope and I will be through it in a while.”

3) Talking yourself through

Use reminders to cope when you experience stressful feelings. Using positive statements while in a relaxed state will help you to take control over the emotions.

Make a list of your own coping statements that work for you. Carry these with you so you can cope in any situation. When you no longer focus on the overwhelming sensation you will begin to feel better.