

5 Steps to Manage Intense Feelings

- 1. Recognize** your feelings. They are a normal reaction to grief. You do not need to be afraid of them; they will come and they will go.
- 2. Name** your feelings. When you are able to name something that's hurting you, it loses its power to cause you fear and harm.
- 3. Accept** your feelings. There are no “good” or “bad,” no “right” or “wrong” feelings. It can be tempting to deny or ignore painful feelings, to put it off for another day. But this only delays your grieving and extends the amount of time you're on this rollercoaster.
- 4. Experience** your feelings. Pay attention to what each emotion feels like in your body. Then, give yourself permission to confront them so you can move forward.
- 5. Express** your feelings. Find constructive ways of working through tough emotions. You may find a different way of expressing each feeling you recognize. Taking action has a cleansing effect and the intensity of your feelings will diminish.

One of the most important ways you can help yourself is by taking care of yourself. Through good self-care, we are more likely to be able to slow down and recognize our emotions and respond to them in a way that is not hurtful to ourselves, or the ones we love. Write down things you enjoy doing and can do to take care of yourself. Hang this on your refrigerator or bathroom mirror as an everyday reminder.