



Exercise 2

Building the attitude of support and acceptance of emotions



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Building the attitude of support and acceptance of emotions

At the physiological level, the cause of anxiety is the leap of adrenaline. If you give yourself permission to feel this emotion, instead of fighting it, the adrenaline will be metabolised within three to five minutes. Anxiety and stress levels will decrease. You will feel better, quieter. By taking the fight you lead to the exacerbation of unnecessary emotional state. A similar effect will lead to a nonsupportive dialogue. Therefore, it is very important to accept anxiety and stress, not to fight it. Recognize it. Accept.

The purpose of this exercise is to accept emerging emotions. Below you will find three examples on how to accomplish this goal.

1 Repeat constructive statements in the moments where you feel bouts of anxiety, fear, stress are worsening. Repeat them as much you need them. This way your emotions will slowly calm down until they are completely released. You will turn your attention away from the negative thoughts that potentiate the feeling of anxiety, fear or stress. Say them out loud if the external conditions do not allow enough monologue in your head. Examples of constructive statements can be found below. If you have your own idea, use them. Try and watch which ones are the most supportive to you.

- I can feel anxious, but I can deal with it.
- I allow myself to feel fear and wait until it is released.
- My body Knows How to deal with anxiety. I'll wait until it's done.
- I have time. I'll wait until the anxiety leaves.
- I deserve to feel good.
- Many times, I have coped with such situation. Now I will also cope.
- This situation is for me a great lesson for the future.
- These are just thoughts. They are not a reality.
- So what?

2 Breathe through your diaphragm. Train this skill to use it automatically. Diaphragm breathing can be exercised e.g. As follows:

- Lie anywhere.
- Place one hand on the chest and the other down to the sternum.
- You can put your head on a pillow to watch your hands freely. Inhale through the nose and observe which hand moves.
- We breathe properly when we see the movement of the hand on the upper abdomen, not on the chest.

Remember not to stretch your abdominal muscles.

3 Choose your favorite constructive statements and keep them in the place that's available to you in case of anxiety attacks. If you have such a desire and need to prepare them in a graphic form, it will further support the summoning of positive emotions. Write them down on a colored paper or with a color marker. Use your imagination to create your own set of constructive statements.