



# Owning Your Feelings & Moving Through Emotional Discomfort

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**B4Stage4**



# Presenters



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# Common Feelings During COVID-19

- Anxious
- Stressed
- Depressed
- Lonely
- Bored
- Overwhelmed





# Feelings That May Seem Strange

- Unproductivity
- Confusion
- Anger
- Grief
- Guilt/shame

## MIDWEEK REMINDER:

YOUR FEELINGS ARE  
VALID & ITS okay IF  
THEY ARE A LITTLE  
OVERWHELMING RIGHT  
NOW.

@LAURAJANEILLUSTRATIONS

# How is COVID-19 causing these?

- We are all facing fear & uncertainty.
- Trauma: a deeply distressing or disturbing experience; emotional shock following a stressful event or physical injury

Oxford Dictionary

FIGHT

FLIGHT

FREEZE

FAWN

**All feelings are valid  
simply because you feel them.**

# Control

- No matter what the feeling is, we probably feel a loss of control.
- How can you take back control?

# Allow Yourself to Feel

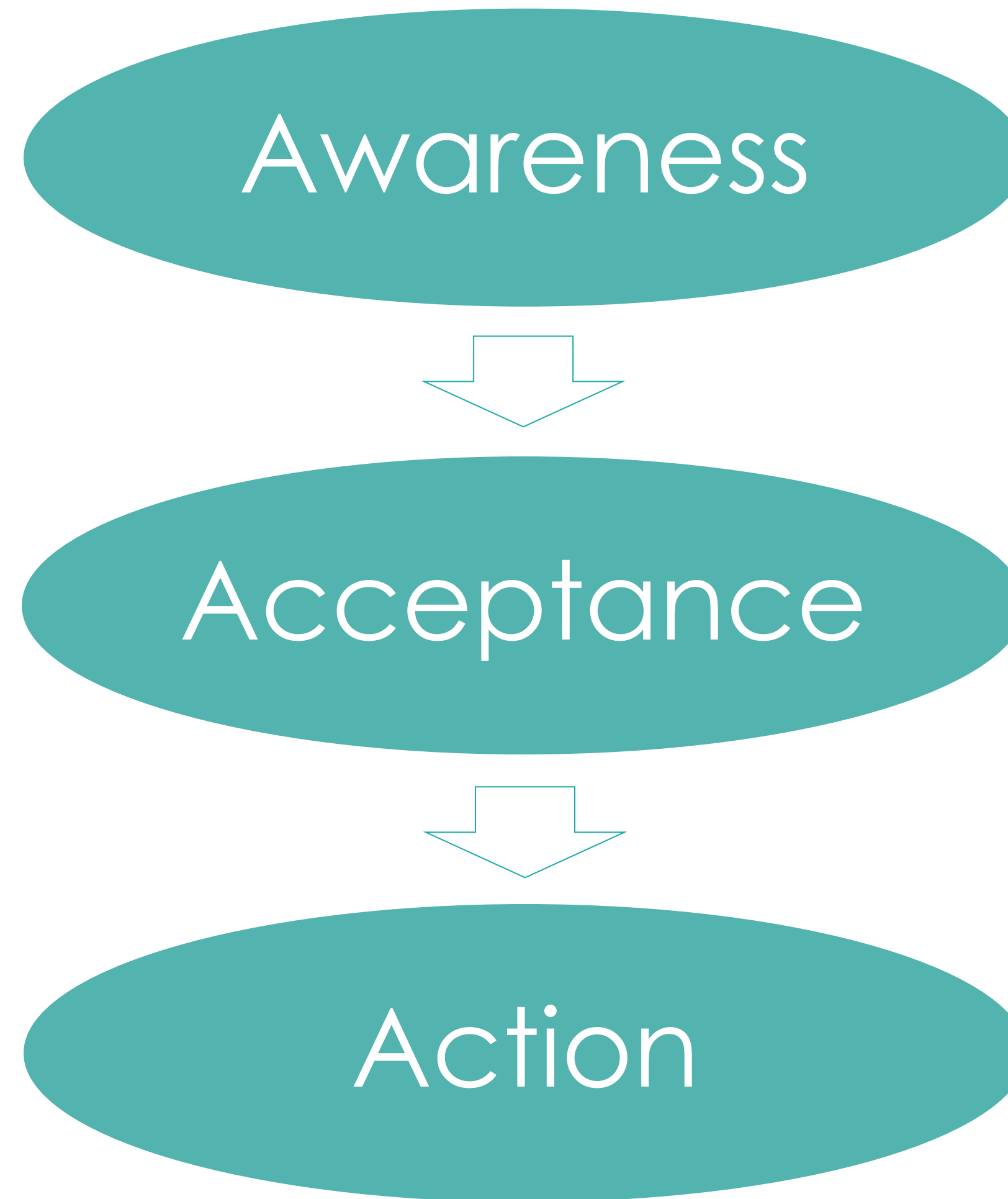
- Societal pressure tells us to just keep moving.
- Take time to *feel* your feelings.
- “move through” vs. “move on”



# Feelings vs. Emotions

- What is the difference between feelings and emotions?

# The Three As





# Awareness

- Be mindful of the emotion
- Knowledge or perception?

# Tips to Develop Awareness

1. Center yourself
2. Identify what you tell yourself
3. Name the emotion



# Acceptance

**“Acceptance doesn’t mean that life gets better; it just means that my way of living life on life’s terms improves.” – Sharon E. Rainey**

# Action

Now that I feel it...  
what do I do with it?



# Handling Big Emotions

- Accepting feelings doesn't mean dwelling on them.
- Back to the basics!
  - Get enough sleep (but not too much)
  - Eat nutritious foods
  - Move your body
  - Stay connected

# Helping Feelings Pass

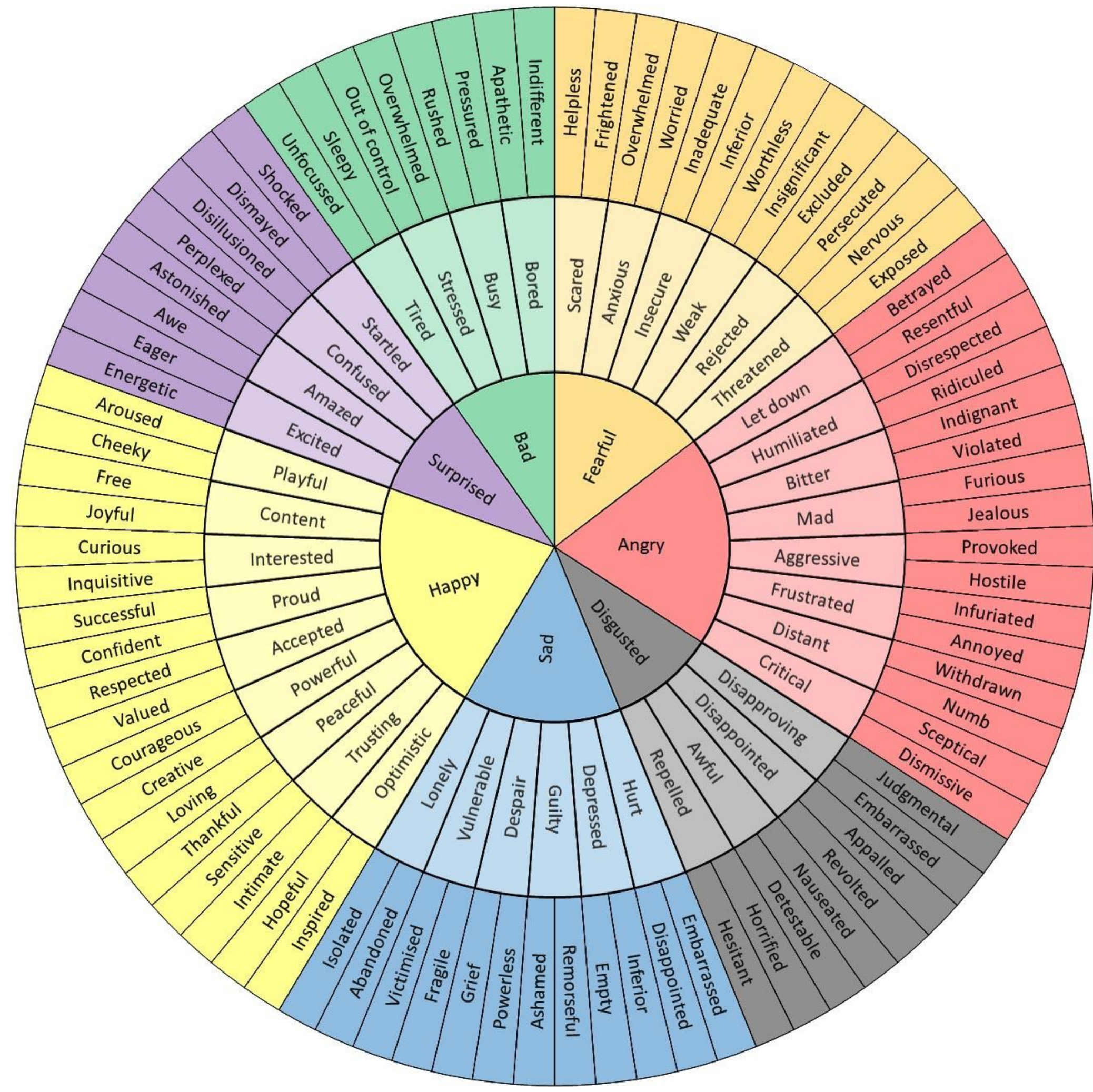
- Relaxation/breathing exercises (4-7-8 breathing)
- Take a shower or bath
- Make a gratitude list
- Write it out/journal
- Take a nap

# Plan for “What If” Fears

- Evaluate the distance between your worries and your reality.
- Make a plan – creating a strategy can alleviate some anxiety surrounding potential circumstances
- “What if \_\_\_\_\_?” Then what?



# Build Your Emotional Vocabulary





# Self-Care

- Do something fun!
- Treat yourself
- Rest
- Seek out support



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