Owning Your Feelings & Moving Through Emotional Discomfort

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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
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

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

Acceptance

Action
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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