



Emotional Skills Course—Session 3

Recognising Emotions

The Wave of Emotion

STOP skill

Using techniques to self soothe

Skills Practice for the week:

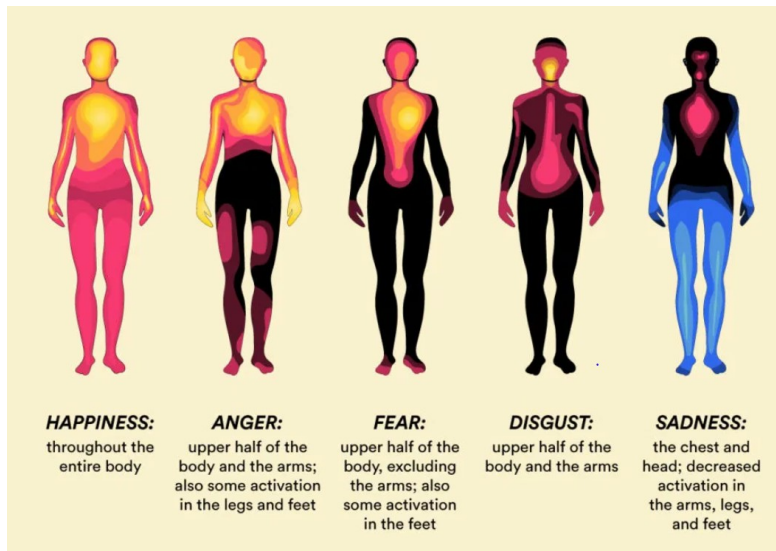
Identifying the wave of emotion

Rehearse STOP

Recognising emotions

Emotions help us communicate, make decisions, warn us of danger and motivate us to get what we want or need. People who lose the emotional processing areas of the brain become unable to function effectively.

Reminding ourselves that our emotions are natural and that our feelings are part of being human can help us to be kinder and less judgemental to ourselves.



These are some of our core emotions.

What others do we regularly feel?

List some below:

Emotions motivate us to behave in certain ways—called <i>action urges</i> .		
Emotion	Purpose of the emotion	Emotion action urge
Anger	Helps us overcome barriers to getting what we want. Helps us assert ourselves.	
Sadness	Helps us hold close the things we care about. Protects us from loss.	
Fear	Helps us spot danger and escape from it.	

Important questions to ask ourselves:

What is the emotion I’m feeling? Can I label it? Where can I feel it in my body? Do I have an urge attached—what is it making me want to do? Can I sit with this emotion for a moment—not try to suppress or hold on to it.

This breathing exercise can help you to reduce stress in the moment. If you practice it regularly, you may also find that it helps you feel calmer generally. The more you practice, the more effective this technique becomes.

- We call this exercise 7/11 breathing, because you breathe in for a count of 7 and out for 11.
- If there is ever a time when you find that breathing for that long isn't possible, it doesn't matter. As long as your out breath is much longer than your in breath, it will still work. We call it 7/11 because it sounds like the shop opening hours, so people are more likely to remember it.
- Aim your breath deep into your stomach. It might help if you hold your hands on your stomach, so you can feel it swelling up as you breathe in.
- Allow your lungs to empty, then breathe deeply into your stomach while counting to 7.
- Once you reach 7, breathe out gently to the count of 11, so that the out breath is much longer
- Repeat this for 2 to 3 minutes or until you feel calm and relaxed



BE KIND TO YOUR MIND



7-11 Breathing Technique

Step 1:



Count internally from 1-7 on the inhale

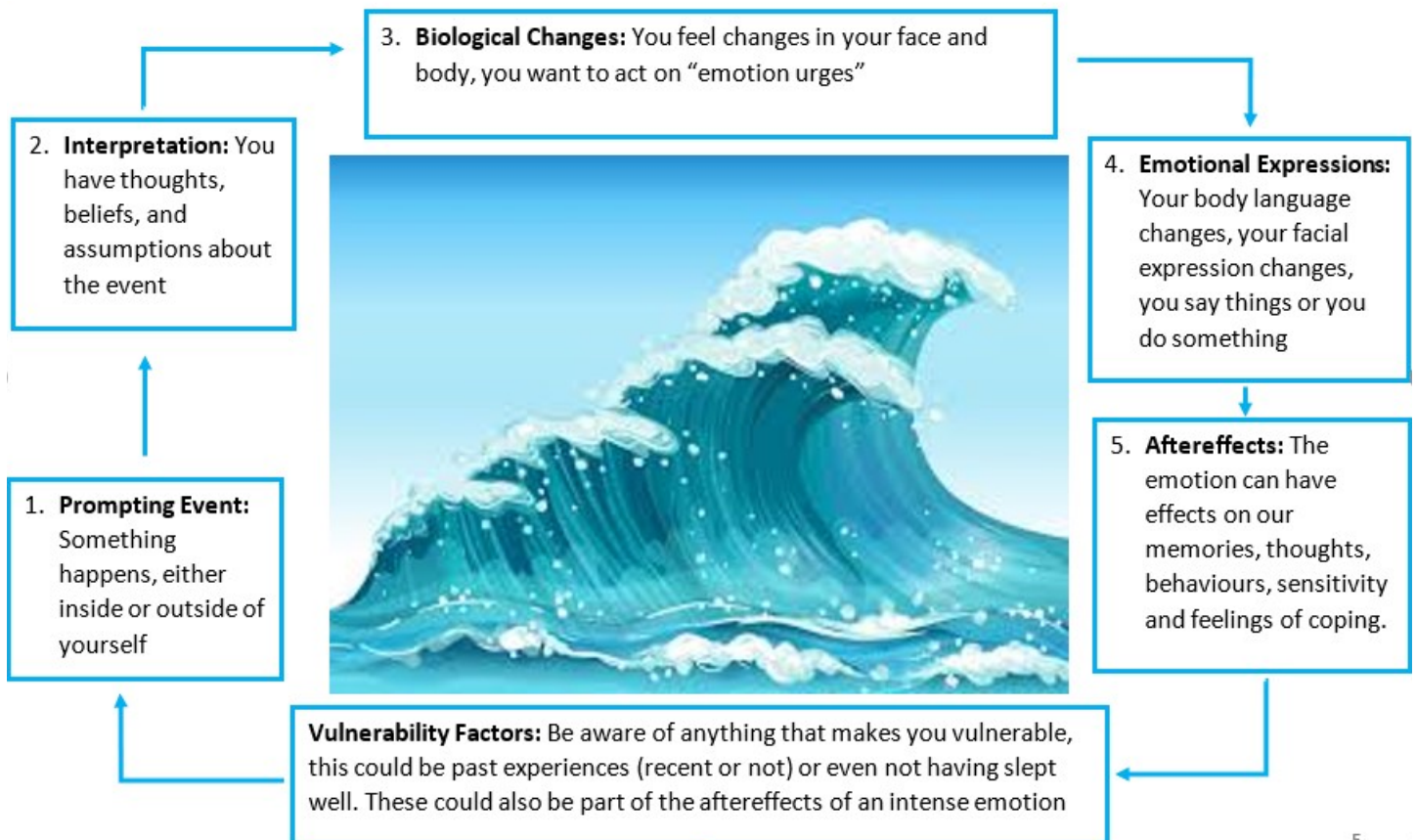
Step 2:



Count internally from 1-11 on the exhale

Use this technique to:

- Destress
- Relax
- Re-energize
- Reduce Anxiety



The STOP Skill: How to Not Make a Bad Situation Worse



The STOP skill can be thought of as an “emergency mindfulness” skill to use when emotions are high.

The STOP skill can prevent a difficult moment from becoming the start of a bigger problem.

If you can anticipate an upcoming situation when you might need it, think through ahead of time what it would be like to use it.

A time this week when the STOP skill might be helpful is:



Self-Soothe Using the Senses



Sight

Look at the stars
Watch the clouds
Artwork or photos



Sound

Gentle music
White noise
Nature sounds



Smell

Essential oils
Flowers
A favourite scent



Taste

Cup of tea
Something sweet
Your favourite food



Touch

Soft comfy clothes
Warm bath or shower
Cuddles with pets



Movement

Gentle rocking
Swinging
Stretching

The key thing to hold in mind is that self-soothing is most effective when it's done mindfully.

Bring your full attention to the experience, observing it fully with your senses.

Stay in the moment by bringing your attention back when it wanders.

Don't use things which remind you of distressing experiences.

See if you can participate fully in the experience, engaging with your mind and body.

7 things I could do to self-soothe using the senses:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____

The soothe system is activated by kindness and compassion, for ourselves and in relation to others.

Feeling compassion towards ourselves is good for us. It counteracts our 'inner critic', and improves our mental health.

It can be difficult to feel compassion towards ourselves - it can go against what we've been taught.

Some ways to show ourselves compassion:

Eat or drink something delicious **and** healthy— remind yourself that this is self-care.

Remind yourself that nobody's perfect It's natural to make mistakes—**everyone** does.

Do something just for you, because it makes you feel good.

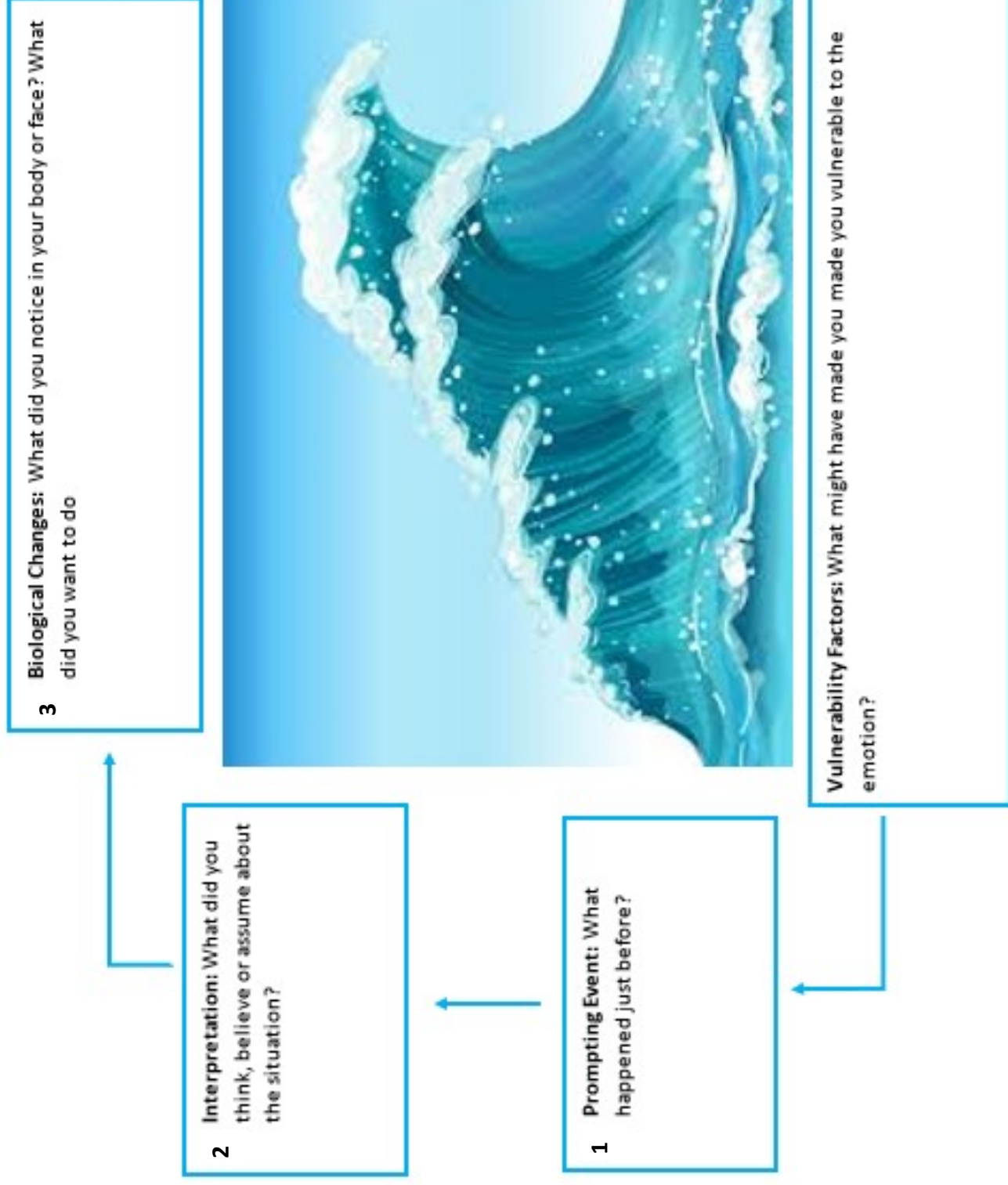


Recognise when you do something well— and compliment yourself.



Module 3 Skills Practice							
Skills Plan	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Identifying Wave of Emotion							
How did it go?							
STOP							
How did it go?							

Recognising the wave of emotion—practice at home



What happened before you STOPped?



S_{top}

How did you **STOP**? What did you do?

T_{ake a step back}

How did you **Take a step back**? What did you do?

O_{bserve}

What did you **Observe** about yourself and the things around you?

P_{roceed mindfully}

What did you do next? How did you **Proceed mindfully**?

What was the **outcome**? Did you notice anything different from using **STOP**?