

## Tips for Managing Difficult Moments with Your Emotions

- Use positive self-talk
  - I will get through this.
  - I will not always feel this way.
  - I am making it through this stressful time.
  - I can make a choice even though I feel stressed.
- Focus on your breathing
- Identify and accept whatever you are feeling
- Label difficult thoughts by adding one of these phrases before the thought
  - I'm having the thought that...
  - Thank you, mind, for telling me...
- Remind yourself that "you are more than what you think you are."
- Make a decision based on your values
  - Ask these questions
    - What is the truth in this moment?
    - What is in your control and not in your control?
    - What kind of person do you want to be in this moment?