

# Wellness Wednesday



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## Feeling Irrationally Upset Over Little Things? Here's What You Should Do.

Are you finding yourself getting easily upset by minor inconveniences? Do you feel like your emotions are on a rollercoaster ride, leaving you exhausted and overwhelmed? You're not alone. Many people experience heightened emotional reactions to small things, especially after going through a period of uncertainty and grief. But don't worry, there are ways to manage these feelings and regain a sense of calm. In this Wellness Wednesday, we'll explore some strategies recommended by mental health experts to help you cope with the daily frustrations that can sometimes feel overwhelming.



### Understanding Your Emotional Reactions

It's important to recognize that occasional emotional outbursts over small things are normal. However, if you find yourself constantly overreacting to minor events, it may be a sign of underlying stress or unresolved issues. Licensed marriage and family therapist Becky Stuempfig explains, "Everyone has 'off' days where even the smallest of problems seem to bring irritation, but if there's a pattern of big reactions to relatively minor events, it can be a red flag that something deeper is causing this irritability."

To better understand your emotional reactions, it can be helpful to track them. Pay attention to the intensity, frequency, and duration of your negative feelings. Ask yourself what triggers these reactions and whether there are any recurring themes or patterns. By gaining insight into your emotional responses, you can start to address the root causes of your irritability.

### Strategies for Coping with Overwhelming Emotions

#### 1. Practice Self-Awareness

Being curious about your emotional experiences can help you gain a better understanding of your triggers. Licensed marriage and family therapist Nicole Raines suggests tracking your responses and noticing moments when your emotional reactions feel more in proportion to the situation. Ask yourself what factors contribute to a more balanced response and try to recreate or incorporate those elements into your daily life. On the flip side, pay attention to your thoughts during moments of frustration. Licensed marriage and family therapist Racine Henry advises asking yourself if old memories or unresolved issues come to mind. By tracking your responses, you can begin to address the real cause of your reaction and work towards finding healthier ways to cope.

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## 2. Create Space for Yourself

When you feel yourself becoming easily frustrated, it's essential to take a step back and create space for yourself. This means giving yourself permission to disengage from the situation that triggered your emotional reaction. Find a quiet and private space where you can breathe and process your emotions. Taking this time to calm yourself can help you gain a sense of perspective and prevent impulsive outbursts.

Licensed marriage and family therapist Henry suggests consciously and intentionally choosing to react differently despite your organic emotional response. By giving yourself opportunities to delay overreactions, you can cultivate a more measured and composed approach to challenging situations.

## 3. Utilize Self-Soothing Techniques

Mindfulness and deep breathing techniques, along with sensory activities focusing on the five senses, can help reduce irritability and stress. Therapists recommend activities like meditation, yoga, painting, or gardening to redirect attention and promote relaxation. Self-soothing methods, such as touching something soft or taking deep breaths, can also help in stressful moments by engaging the senses.

## 4. Assess Major Areas of Your Life

If you frequently experience intense anger, evaluate your life for unmet needs or unresolved issues. Consider past traumas, losses, strained relationships, financial/work pressures, isolation, and loneliness. Recognize escalating emotional tension and prioritize resolving life challenges for healthier emotional regulation.

## 5. Seek Support from Loved Ones

Seek support from trusted individuals to manage overwhelming emotions. Therapists recommend venting to a friend for perspective. Communicate with loved ones if emotions lead to behavioral changes. Address communication issues by opening up and seeking insights from those closest to you.

## 6. Consider Professional Help

If your emotional reactions consistently feel out of proportion to the circumstances, it may be beneficial to seek professional help. Depression, anxiety, unresolved trauma, or other mental health conditions can significantly impact your ability to manage daily frustrations. Licensed marriage and family therapist Stuempfig advises seeking the support of a mental health professional if multiple people have expressed concern about your irritability.

Even if you don't have a specific mental health diagnosis, therapy can provide valuable insights into your emotional responses and help you develop healthier coping strategies. Clinical psychologist Zainab Delawalla highlights the importance of therapy for building behavioral patterns that allow you to manage stress and process life changes effectively.

Feeling overwhelmed by small annoyances is a common experience, but it doesn't have to control your life. By practicing self-awareness, creating space for yourself, utilizing self-soothing techniques, assessing major areas of your life, seeking support from loved ones, and considering professional help, you can regain control over your emotional reactions and cultivate a sense of calm.

Remember, managing overwhelming emotions is a journey, and it's okay to seek help along the way. By implementing these strategies and being kind to yourself, you can navigate the ups and downs of daily life with greater ease and resilience. So take a deep breath, embrace the present moment, and know that you have the power to overcome emotional overwhelm.

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# CARROT BANANA PROTEIN SMOOTHIE

## INGREDIENTS

- 1 cup almond milk
- 1/4 cup unflavored pea protein powder or whey protein
- 1 medium very ripe banana
- 2 baby carrots
- 1 tablespoon ground flax
- 1/2 teaspoon turmeric
- Lots of ice
- Sweetener of choice (optional)

### CARROT BANANA PROTEIN SMOOTHIE

Are you tired of the same old breakfast options? Looking for a healthy and delicious way to start your day? Look no further than the Carrot Banana Protein Smoothie! Packed with nutrients, this smoothie is not only good for you but also incredibly tasty.

### A HIGH-PROTEIN BREAKFAST OPTION

One of the standout features of the Carrot Banana Protein Smoothie is its high protein content. With approximately 28.5 grams of protein per serving, this smoothie is an excellent choice for those looking to increase their protein intake. Whether you're a fitness enthusiast, an athlete, or simply want to fuel your body with the right nutrients, this smoothie is a great option.

### Nutrition Information

Serving: 1 smoothie, Calories: 294 kcal, Carbohydrates: 34 g, Protein: 28.5 g, Fat: 6.5 g, Saturated Fat: 0.5 g, Sodium: 290.5 mg, Fiber: 7 g, Sugar: 17.5 g



## INSTRUCTIONS



## HOW TO MAKE IT

1. Put all the ingredients in a high-speed blender.
2. Blend until smooth and creamy.
3. If desired, add sweetener of choice for additional sweetness.
4. Pour into a glass and enjoy!

## Variations and Tips

Once you've mastered the basic Carrot Banana Protein Smoothie recipe, feel free to get creative and make it your own. Here are some variations and tips to try:

### Swap Ground Flax with Chia Seeds

If you don't have ground flax on hand, you can easily swap it with chia seeds. Chia seeds are another excellent source of fiber and omega-3 fatty acids. They add a slight crunch to the smoothie and provide additional nutritional benefits.

### Use Your Milk of Choice

While almond milk is the recommended base for this smoothie, you can use any milk of your choice. Whether it's soy milk, coconut milk, or oat milk, feel free to experiment and find the one that suits your taste preferences.



## FEATURED EXERCISE

<https://www.self.com/gallery/upper-body-warm-up>

## Featured Exercise ► Pull Apart Exercise

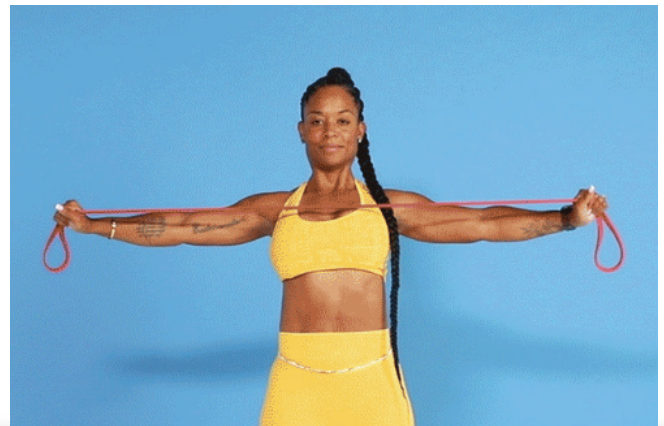


## HOW TO DO IT:

1. Stand with your feet hip-width apart. Hold one end of a resistance band in each hand.
2. Raise your arms straight in front to shoulder height, palms down, with your hands about six inches apart. The band should have a small amount of tension but not be taut.
3. Now pull the band apart, extending your arms wide to each side until your upper body is in a T position, keeping your hands at the same height. Pause for 2 seconds when the band is fully extended.
4. Return your arms to center. That's 1 rep.
5. Do 6 to 10 reps.

## BENEFITS:

The pull-apart exercise targets your upper back and rotator cuff muscles while providing mobility work for your chest and shoulders.

[Click here to view online!](#)

Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.



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Wellness Account Manager

