

6 STEPS TO MINDFULLY DEAL WITH DIFFICULT EMOTIONS



1

Turn toward your emotions with **acceptance**

Become aware of the emotion and identify where you sense it in your body.

Identify and label the emotion

To stay mindful, say to yourself, "This is anger" or "This is anxiety."

2



3

Accept your emotions

Don't deny the emotion. Acknowledge and accept that it is there.

Realize the **impermanence** of your emotions

Even if the emotion feels overwhelming, remember that it will pass.

4



5

Inquire and investigate

Ask yourself, "What triggered me? Why do I feel this way?"

Let go of the need to control your emotions


Be open to the outcome of your emotions and what unfolds.

6



What to Tell Myself When I'm Feeling Anxious



1. This feeling won't last forever.
2. Thoughts and emotions aren't facts.
3. I can feel anxious and still handle this.
4. My bravery is stronger than my fear.
5. I am safe right now.
6. Anxiety is reminding me to slow down my breathing.
7. I've survived other tough times before, and I will be resilient this time, too.
8. This feeling is a normal reaction. I will use my coping tools to respond with thoughtfulness and self-compassion. 
9. I don't have to figure this all out right now; I will trust the process.
10. Thank you anxiety for always trying to look out for me, but it's okay now; I got this.