

Mindful Moments

Brought to you by the Itinerant Counselling Team

Managing “big feelings” involves recognizing, validating, and finding healthy ways to process intense emotions, whether through deep breathing, mindfulness, journaling, or seeking support from others or professionals. Here are a breakdown of strategies for managing big feelings.

Recognize and Name your Emotions

Identify Triggers: Help your child pay attention to situations, thoughts, or events that tend to evoke strong emotions.

Expand Their Emotional Vocabulary: Helping your child learn to identify and name their emotions accurately can help them understand and manage them better.

Validate their Feelings: Help your child acknowledge that their emotions are valid, even if they seem overwhelming.

Employ Calming Techniques

Deep Breathing: Slow, deep breaths can help calm the nervous system and reduce feelings of anxiety or overwhelm.

Progressive Muscle Relaxation: Tense and then release different muscle groups to promote relaxation.

Mindfulness and Grounding Exercises: Focus on the present moment through sensory awareness to ground yourself.

Engage the Dive Reflex: A cold water splash can help calm the nervous system.

Engage in Exercise: Physical activity can help release tension and improve mood.

Involve the Senses: Use calming scents, sounds, or textures to soothe yourself.

Take a Break: Stepping away from a stressful situation can help you regain perspective.



Practice Emotional Regulation

Build Resilience: Develop coping mechanisms to navigate difficult emotions and situations.

Set Clear Expectations: Understanding expectations can help prevent disappointment and frustration.

Practice Self-compassion: Treat yourself with kindness and understanding, especially when struggling with emotions.

Engage in Positive Self-talk: Challenge negative or unhelpful thoughts and replace them with positive affirmations.

Make a Choice About How to Respond: Instead of reacting impulsively, take a moment to choose a calm and thoughtful response.

Look for Positive Emotions: Focus on gratitude and positive experiences to help balance out negative emotions.

NEGATIVE SELF-TALK	POSITIVE SELF-TALK
I've never done it before/I don't know how to do it.	It's a chance to learn something new/ I can learn.
It's too complicated/hard/ I'll mess it up.	I can figure it out/I've overcome tougher challenges
Other people can do it better/ someone else should do it.	I look for the bright side of things/I deserve to win/I'm always improving.
I don't have the time/resources/ experience.	I am resourceful/others will help me.
It won't work.	I'll come up with an answer
I tried before and didn't succeed/ it looks stressful.	I enjoy adapting and growing with change.
I'm not good enough.	I trust myself to succeed.

Seek Support

Talk to a Trusted Friend or Family Member: Sharing your feelings can provide comfort and perspective.

Journaling: Writing down your thoughts and feelings can help you process them and gain insight.

Seek Professional Help: If you are struggling to manage your emotions on your own, consider reaching out to a therapist or counselor.

If you or someone you know is struggling or having thoughts of suicide, call or text 9-8-8.

Kids help Phone is also a resource

Whenever you need to talk, we're open.

Text 686868

KidsHelpPhone.ca

Call 1-800-668-6868



Kids Help Phone 