



10 things to do right now

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10 Things To Do Right Now

...to cope with these overwhelming feelings

I reference the list below when I'm feeling overwhelmed with sadness, anger, or frustration. Sometimes overwhelming emotions enable us to make decisions we later regret-like calling our ex when we know it's no good for us, yelling at our kid/friend/parent/pet, or acting in a way that doesn't align with who we really are. Don't get me wrong: it's important to feel the feels. And when it becomes too overwhelming, it's good to have a cheat sheet on how to cope, regulate, or even compartmentalize for a moment. Here's mine:

- 1) Go on a walk or move my body (even just a shaking of legs/arms is helpful)
- 2) Call my friend
- 3) Pet or lay with my dog, Petey
- 4) Lay on my bed and rest, breathe (and not look at my phone)
- 5) Watch a hilarious video on YouTube and get me chuckling for a few minutes
- 6) Put my phone in another room so I can better connect with what I'm feeling or at least be more checked into the world around me
- 7) Meditate
- 8) Cook a meal
- 9) Hug my kid so tight
- 10) Yell in the woods/scream into a pillow (sounds cliché, but it's way better than suppressing that soon-to-be bubbled over feeling)
- 11) Take a shower or splash water on my face
- 12) Set a time for five minutes and breathe like it's my job. What a release.

continued...



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10 Things To Do Right Now...continued

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Try them out! Your list is going to look really different than mine. My list is ever-changing based on my needs and reactivity. Think of it as a living, breathing document that can be updated at any time, based on your changing needs. It's okay to not know what to put on your list, but it's important to try to figure it out! You may try something only to realize it's not that helpful, and that's okay too. Now you know.

1)

2)

3)

4)

5)

6)

7)

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9)

10)



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