

Covid-19 Activities

DEALING WITH DIFFICULT EMOTIONS

Why balancing your emotions is important?

Learning how to recognize, process, balance, and regulate your emotions improves overall wellbeing and facilitates healing.



Anger

Loving-Kindness Practice: “May I live in safety. May I have mental happiness, peace, and joy. May I have physical happiness, health or freedom from pain. May I live with ease.”



Fear

Meet fear positively: Check in with your emotions throughout your day. Whenever you feel fearful, let the feeling stay. Instead of running, take a deep breath and approach your thoughts of dread and worry with friendliness and curiosity. Be kind to yourself in fear, as you would for a trusted friend. If you have the time and space, sit down and breathe into your fear for ten breath cycles.



Sadness

Body Scan: Close your eyes and focus your attention on: your head, face, neck, shoulders, arms, torso, legs, and feet. You can be creative and take the weather report of your body. Is it cloudy, sunny, or has a chance of rain?



Anxiety

Mindful Breathing: Move arms up and down in sync with your breath. Fill your “hot air balloon” with your breath and possibility rise up, exhale as you lower. When your balloon is full, hold your breath and twirl around the room. Watch your balloon get bigger and smaller as you inflate and deflate with your breath.



Resilience

Heart Meditation: Lie down on your back with eyes closed and your hands on your heart. Can they feel it beat? Is it beating fast or slow? What color is their heart? Imagine your heart is growing more and more each time you make someone smile. As you inhale your heart expands, as they exhale your heart relaxes. Repeat several times.