

There is no Siskiyou without Y-O-U!

Resilience Strategy week of July 1

Being able to manage strong feelings.

We are all being bombarded by strong feelings and emotions. This is expected given that what we are dealing with is outside of our control. Our biology has a unique quirk though. There seems to be two sides of the coin; one side is the emotional brain and the other side is the rational brain. When one side is showing, it is hard to view the other. When we are emotionally activated we lose access to our more effective problem-solving skills, our reasoning and rational thought processes. It is very important not to let our “emotional brain” take charge of our actions however. We need to be able to take decisive action without being impulsive and responding out of emotion. It is essential to have the ability to put emotions aside when clear thinking and action are required.

When strong feelings surface, try to observe the thoughts that accompany them. Are these thoughts tinged with words that add force to the feelings? Do the thoughts amplify the situation? Do they intensify your feelings? Are the thoughts leading you AWAY from comfort, balance and serenity? The simple act of becoming aware and mindful of your thought content can help you be more adaptive and resilient.

