



Gefühlsmonster

Emergency Kit

What are your biggest challenges at the moment? Home office with children past all tolerance? Someone from your family in a hospital or nursing home who is not allowed to be visited? Financial worries? Loneliness? The fear of becoming seriously ill yourself?

Believe it: you are a wonderful person. You don't have to be perfect. Put your favourite Gefühlsmonster or postcard in a place you can always see to connect with.

We have put together a small emergency kit for you here, exercises that can help you in difficult moments to deal with this current situation and stay mentally healthy.

With kind regards, Lilli Höch-Corona and the entire Gefühlsmonster Team!



Situation 1: News about the crisis frightens you, difficult situations in your family or with friends cause you mental pain.

Tell yourself:

„This is how I feel when I... (am afraid, worried, desperate, angry, ...)“

Name the feelings that you perceive in yourself. By the way, it's easier and faster to do this by looking at the Gefühlsmonster® cards.

In our online scan on www.gefuehlsmonster.com or with your cards. Because pictures help you find words. Scientists have proven that your brain can better regulate your emotions when you find words to your feelings. That's how you can keep the "emotion monsters" at bay.

Time: 1-2 minutes

Situation 3: You are upset because you can not stand the confinement at home, because your partner or your children make you angry. What helps?

Agree with your family on a keyword that applies to everyone when they need to withdraw. Choose a word that has a friendly meaning for the family, such as "apple pie", "rubber ball" or similar. This way everyone will understand immediately what is going on. When the time comes:



Say the keyword and leave the room! Put distance between yourself and the other person!

Then do the following exercise:

Take pen and paper and write without pause what is important to you. How you want to be (please choose the appropriate one) as partner, mother, co-worker, boss, friend, daughter. Who you actually want to be.

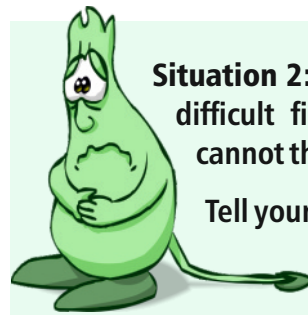
Do not stop to think and do not put the pen down!

Writing without a break helps you to come back to yourself and not to judge what is going on inside you. It will look something like this at the beginning:

"What is important to me? I don't know. I don't know any more, I can't deal with this. It's unbearable!!! What do I need now? I want to be able to speak calmly instead of talking crazy or going up the wall. Yes, and of course it's important to me encourage my child, be a support for him instead of frightening him. What do I need now? What do I remember what already helped me in similar situations?"

Maybe you can call a friend, take a ride on your bike, express yourself creatively. It's best to make a list of ideas beforehand, which will help you in difficult moments, then it will be easier to find out what helps you now.

Time: 5-10 minutes



Situation 2: Your thoughts revolve around difficult financial or health issues, you cannot think clearly.

Tell yourself:

„Ah, a thought“

And then:

1. Stop, breathe!

Observe your breathing for three breaths. This wakes you up and shifts your focus to your breathing and your body.

2. How does it feel, this thought?

Feel how this thought feels physically. Allow yourself to go deeper and just feel. You will be surprised that you can stand to admit the feeling about the tormenting thought. Continue to study what you feel and how it feels.

The amazing thing about this exercise is that after some time you will probably become calmer. Perhaps notice how a deep breath releases. How the heaviness you have experienced for a few moments dissolves and a little relaxation sets in. Focusing on our body helps us to actually feel the underlying feeling instead of just thinking about it - giving it the space that the feeling needs to express itself fully. And then it is already good! We accept that we have a difficult feeling, take a moment to feel it - and then we are free to turn to other things.

Time: 2-3 minutes

Situation 4: When you are angry about yourself:

An exercise from energetic psychology, supported by a small movement. The movement combined with a ritualized sentence helps to get quickly out of an affect into a constructive attitude.

Prepare yourself for the fact that you will find the suggested sentence silly. Please try it out to say it just like that, it works!

Tell yourself appropriate to the situation that just happened to you:

"Even though I just said things I didn't want to say, I love and accept myself as I am!" Or: "Although I have lost my temper with my wife, I love and accept myself as I am!" Or: "Even though I'm totally angry with my child, I love and accept myself as I am!"



Three times, best out loud when you're alone.

And now the little movement: Rub with your right hand a point under the left collarbone. The so-called "self-acceptance point", recognizable by the fact that you feel a slight pain when rubbing. You will quickly feel a physical relief, and think more clearly again.

Time: 1-2 minutes