

CONTAINER OF OVERWHELMING FEELINGS

As we navigate through challenging times, our sense of predictability and safety can be compromised. These experiences can cause a sense of overwhelm. During this window to time, you are invited to give yourself permission to slow down and examine these thoughts, feelings, and/or concerns.

Start with identifying a resource. A resource is a person, place, song, color, scent, or something else that brings you a sense of joy and wellbeing. Make a note of your resource(s) and name at least three characteristics about your resource to bring it to your heart and mind in this moment. Notice all the places that feel pleasant inside or the thoughts that feel pleasant or joyful when you think about this resource. Keep your resource close and go back to it as often as you need to.

Take a scratch piece of paper and write down some of your top overwhelming thoughts, feelings, and/or concerns. When you're done, identify the ones you wish to immediately address or seek support for. Add the ones you want to "contain" into your jar by using words, drawings, and/or colors to represent them. For balance, you can add words of gratitude. Consider adding reminders of how you can take care of yourself during these times - you can even identify who you can call on for support.

Return to your jar or create a new one as often as you'd like to add or remove any feelings, concerns, or resources. As you continue to create, know that there is no right or wrong way. Consider sharing your creation with a safe person and invite them to create a container of their own.



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