

Shake off feelings

We can shake off uncomfortable feelings by doing the opposite of what we feel like doing.

What mood we are in and how we feel always affects how we interpret our world. If we feel strong emotions, we will pay more attention to things around us that match our mood. When we feel angry, we notice things in the world that are unfair or unjust. Our anger is then reinforced.

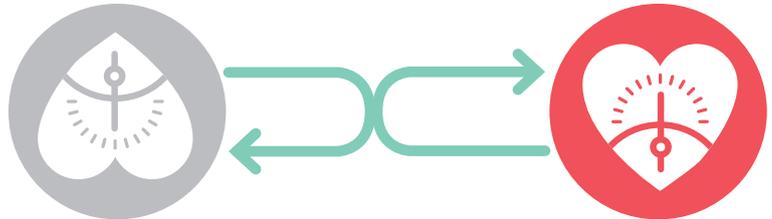
If we feel alone, we tend to avoid hanging out with people. Our choices match our mood. We remember all the other times in our life we felt alone and isolated.

This tendency is just another one of those weird things our minds do. It is called cognitive bias, and has been studied by psychologists for many years.

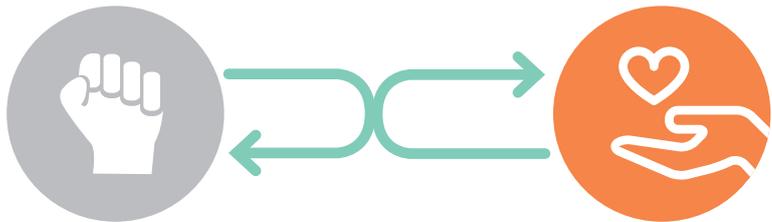
What does this have to do with regulating emotions?

It can be useful to remember that if you keep focusing on things that match your mood, it will be hard to shake off uncomfortable feelings.

WHAT CAN YOU DO TO SHAKE OFF FEELINGS?



Try doing something that is the opposite to what you feel like doing.



If you feel angry, you might feel like picking a fight. Try the opposite, such as doing something nice for someone.



If you feel sad, instead of being alone, try the opposite, such as connecting with friends.



Try changing the expression on your face to the opposite of how you feel.



DO THE OPPOSITE

This exercise gets you to practice doing the opposite of what you feel like doing to help shake off feelings. Take a moment to think about what you usually do when you have uncomfortable feelings. Complete the boxes. If you can't think of anything that is the opposite, get some tips from the A-Z of helpful habits for shaking off uncomfortable feelings below.

When I feel...	I usually do...	What can I do that is the opposite?
When I feel...	I usually do...	What can I do that is the opposite?
When I feel...	I usually do...	What can I do that is the opposite?

A - Z OF HELPFUL HABITS FOR SHAKING OFF UNCOMFORTABLE FEELINGS.

A – Ask for help	J – Just do it, don't over think it	S – Scare yourself, by facing up to fears
B – Be still for a moment	K – Keep a journal of happy moments	T – Tell yourself you are awesome
C – Cheer up a friend	L – Listen carefully to someone without interrupting	U – Use words carefully - be kind when you talk to yourself
D – Dance	M – Make yourself a good luck charm	V – Value yourself and others
E – Expect a good outcome	N – Notice your breath for a whole minute	W – Watch out for friends who don't share your values
F – Find a hero	O – Open up to a new experience or person	X – eXercise every day
G – Give a stranger your kindness	P – Practice your five self-care habits	Y – You are doing the best you can
H – Help someone else	Q – Questions – ask them often to keep learning	Z – Zoom in and notice one thing. (Sound - taste - colour)
I – Imitate someone you admire	R – Respect yourself above everything	



PRACTICE & REFLECT

Try to act the opposite to your usual habits at least once a day for the next week. Remind yourself to practice by ticking off your calendar.

MON	TUE	WED	THUR	FRI	SAT	SUN
<input type="checkbox"/>						

When is it hardest to act the opposite to what you feel like doing?