

PROCESSING EMOTIONS WITH F.L.O.W.

AWARENESS AND GUIDANCE OVER EMOTIONS

We have countless emotional experiences throughout the day. Some so subtle we don't notice, others so intense it may throw us into maladaptive reactions.

F.L.O.W. can help provide the following:

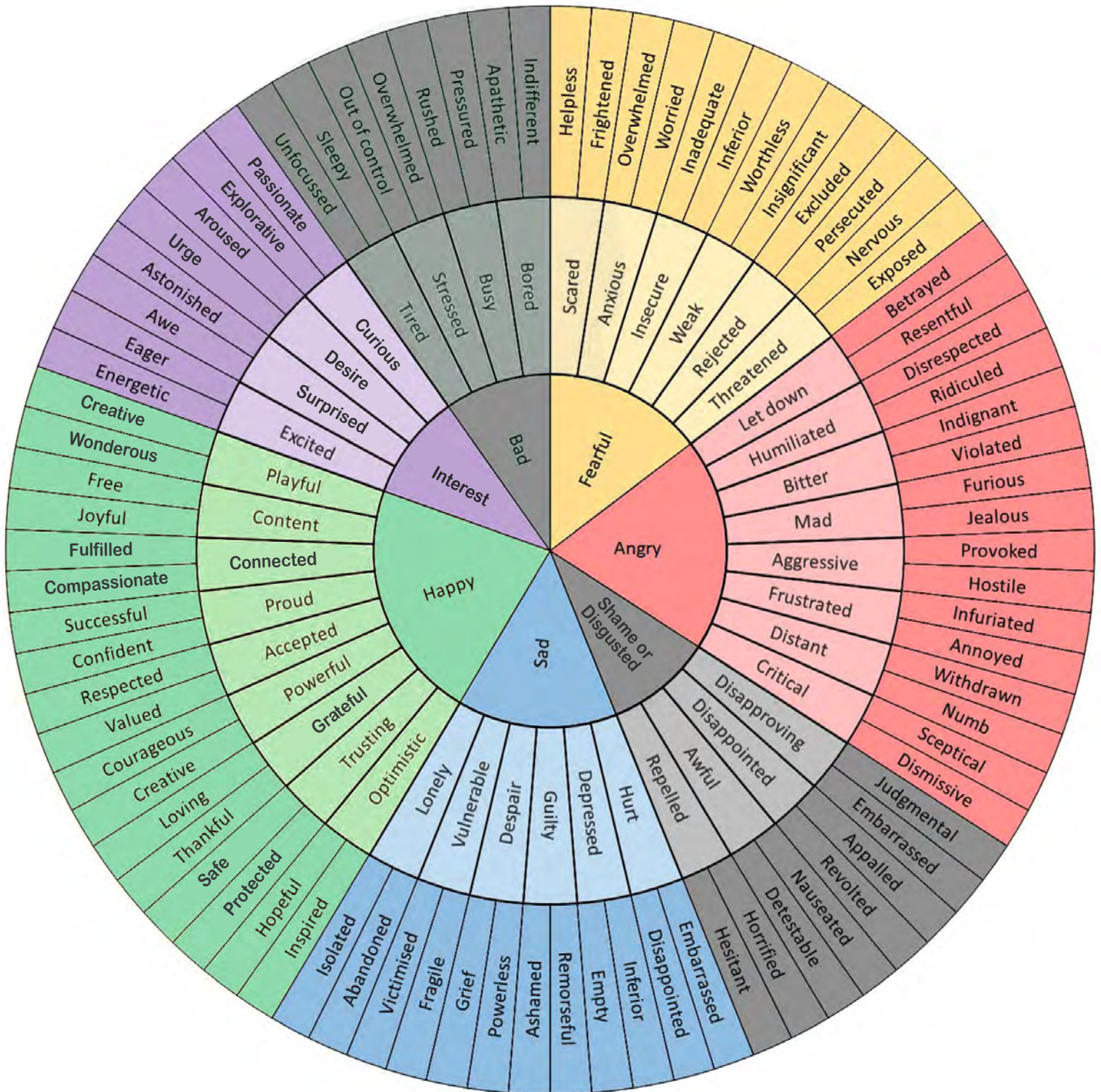
- Prevent reactivity, outbursts, overly expressing or depressing emotions
- Simply flow through some emotions, while making time to come back to other emotions that need more attention to process
- Self-connected, aligned with personal values, needs, wants and limits
- Calmer nervous system, more 'feel good' neurochemicals and well-being

F	<u>FEEL</u> NOTICE EMOTION IN YOUR BODY	As you go about your day, connect with your bodily sensations and feel your emotional experiences.
L	<u>LABEL</u> LABEL EMOTION(S) YOU ARE FEELING	Label your emotional experience as accurately as possible. Use tools like Feelings Wheel and Emotions Chart.
O	<u>OWN & OPEN</u> OWN, THEN OPEN OR CONTAIN BY CHOICE	ALL your emotions are 100% within your power. Own then choose when to open up your emotions and process emotions as needed.
W	<u>WISE MIND</u> LEARN WHAT YOUR EMOTION NEEDS	With ideal time and place, 'sit with' your emotion, ask Inquiry Questions and understand its wants and needs.

IF YOU ARE IN IMMEDIATE DANGER, FLEE FOR SAFETY IMMEDIATELY OR CONTACT AUTHORITIES

LABEL EMOTIONS

Recognize what you are feeling in the moment. Identify as specifically as you can.



OPEN OR CONTAIN YOUR EMOTION

IMMEDIATE DANGER? Ensure immediate safety

90 SECOND RULE

Does my emotion deactivate within 90 seconds or does it continue to need my attention to understand its needs?

TIME AND PLACE TO OPEN OR CONTAIN

Is now the time and place to OPEN my emotion fully with Wise Mind and Conscious Emotional Processing?

If now isn't the time or place, CONTAIN your emotion and schedule a time later to OPEN it with Wise Mind.



WISE MIND PROCESSING FOR BIG EMOTIONS

AWARENESS AND GUIDANCE OVER EMOTIONS



W	<u>WHERE AND WHEN</u>	Connect within and open up to feeling emotions and thoughts. See if feelings stem from PAST or FUTURE.
I	<u>INQUIRY QUESTIONS</u>	Use Inquiry Questions from the following pages to understand your emotions.
S	<u>SENSORY CHECK</u>	Notice your 5 senses as they can impact your emotions, needs and wants in the moment. Am I cold? Are the lights too bright? Am I hungry?
E	<u>EMPOWERED ACTION</u>	Sometimes we need to take action or make action plan based on what we discover from Inquiry Questions and Sensory Check.

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