




How to deal with emotions

If you feel the following common difficult emotions, here are some things that can help:

Emotion	Impact	How to help
 Rejection	Rejection makes us leap from the thing that has happened to feeling like a complete failure.	Separate the event from jumping to an overall conclusion about your worth. Write down how you are feeling and whether this is accurate e.g. does this really mean you will never get a job or no one will ever love you. Share it with a friend to get perspective.
 Shame or embarrassment	This is an awful feeling that makes us think that there is something terribly wrong with us overall. Shame and embarrassment mushroom in secret, when we keep it to ourselves so sharing how we feel is often like opening the window to get in fresh air.	Separate the behaviour e.g. I forgot someone's name or I made a mistake, from a complete assassination of your character. Share it with a friend to get perspective.
 Loneliness	Loneliness is not about whether we are alone or not; you can feel alone in a crowded room. It is the things we tell ourselves that cause this difficult feeling e.g. I am all alone which means no one cares and that is because of some fault of mine.	Break the pattern and find someone to talk to. Separate how you feel from your overall feelings of self-worth. Work out what you need to feel connected to people whether it is with friends, families, groups or activities. Make a list of your best qualities and what you have to offer to others.
 Loss	When we lose people, it can feel like a part of us dies too. This process is hard to navigate alone. Unless it is dealt with properly it will leave deep scars resulting in other losses bringing your feelings of loss up again.	Be kind to yourself and know that it is a process you have to go through. Get help when you are ready and do not go through it alone. Do things that are life affirming and make you feel there is hope.

Questions you can ask to understand more about your emotions

1. How am I feeling physically and emotionally?
2. Do my physical or emotional responses show signs of flight, fight or freeze. If so ask what am I telling myself which feels life threatening?
3. What can I tell myself to counter the life threatening feelings and thoughts?
(e.g. I have lots of work on but it is okay, it is not catastrophic. I can talk it through with my boss or a friend and plan what I can do and what to do about the things I cannot).
4. Who would be best to talk this through with?
5. What can I do that will help or support me that does not have a negative impact?
6. Do I need to sleep, eat or exercise to see if I can change my emotional state?

Emotional support helpline:
08000 562561
[educationsupport.org.uk/helpline](https://www.educationsupport.org.uk/helpline)



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