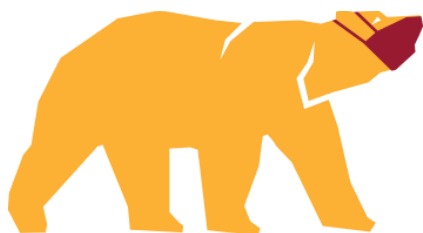


WEEKLY WELLNESS AND COUNSELING NEWSLETTER

Brought to you by Ursinus College Wellness and Counseling
Center



Welcome back, Bears!

Challenging times require us to adapt and make adjustments to new circumstances in order to keep us safe. That sometimes mean having to make decisions that does not feel good temporarily, bringing us to this week's topic: *Navigating Difficult Emotions*.

FUNCTION OF EMOTIONS

All emotions have a function

SAD

ANGRY

DISGUST

HAPPY

WORRY

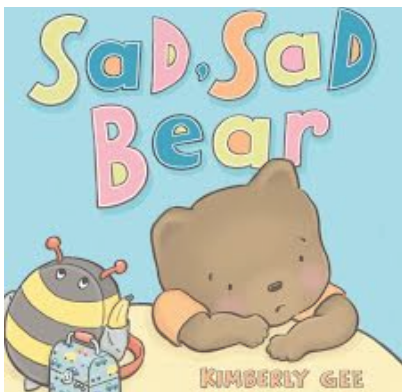


- Emotions are good and adaptive
- Even "bad" emotions aren't always bad
- Emotions are your body's way of saying "hey, something's going on here"

THERE ARE NO RIGHT OR WRONG EMOTIONS. ALL EMOTIONS ARE VALID. YOUR EMOTIONS ARE YOUR AUTOMATIC REACTIONS TO YOUR ENVIRONMENT.

FEELING INTENSE AND PERSISTENT EMOTIONS COULD LEAD TO EMOTION-DRIVEN BEHAVIORS THAT HAVE UNINTENDED CONSEQUENCES.

BEING AWARE AND ACCEPTING OF EMOTIONS, WITHOUT MINIMIZING OR AVOIDING EMOTIONS, IS KEY TO REGULATING EMOTIONS WITHOUT FEELING OVERWHELMED.



it's okay to feel



your feelings



1. Attend to Emotion

How:

- Notice and pay attention to emotion cues-subtle or overt; high or low intensity

Why:

- Attending to an emotion communicates caring, concern and togetherness.
- It also allows the emotional experience to happen, without doing anything (i.e, using behaviors to avoid feelings) to change your emotions



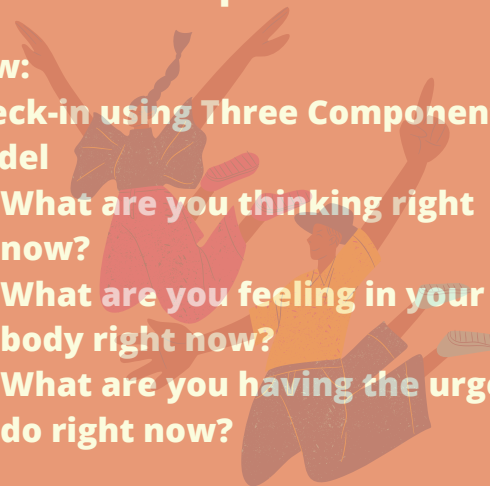
2. Label and Express It

How:

Check-in using Three Component Model

- What are you thinking right now?
- What are you feeling in your body right now?
- What are you having the urge to do right now?

*Give words (labels) for the range of emotions



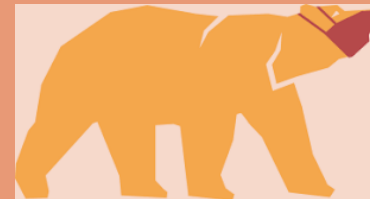
3. Validate It

How:

- **Accept that it is okay to feel sad and/or angry if plans go awry**
- **Resist the temptation to: always going for “the bright side”, explaining with logic correcting the reality.**
- **When your emotional experiences are acknowledged, understood and accepted, you will be more willing and able to move forward and not engage in emotion-driven behaviors.**



What should matter to me? How should we live together? How can we understand the world? What will I do?



Bears protect each other. Remember to defend the den and stay safe.

Ursinus
COLLEGE

WELLNESS AND
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REACH OUT TO WELLNESS

If you would like to talk more with someone about how you are feeling, please do not hesitate to reach out to the counseling team at Wellness. The Wellness Counselors provide consultations, individual, and group counseling. Reach out by phone (610.409.3100) or email (wellness@ursinus.edu) for more information.