

## **Coping with Emotions**

**Feelings stuck on 10...**

**...volume up too loud**

- Help person to turn the volume down themselves
- Slow things down
- Breathing and muscle relaxation
- When ready, talk about these feelings with someone



**Feelings stuck on 0...**

**...volume too quiet**

- Learning to turn the volume up and tell other people how we feel
- Help person to work out what they are feeling and find words to describe feelings
- Feelings are neither good nor bad

**White noise of 0-10-0 happening quickly...**

**...struggling to tune to a station**

- Working with other people to feel connected
- Be consistent when responding