

HELP!

I'M FREAKING

OUT!

A TINY GUIDE

**UGHHH... I AM STUCK.
EVERYTHING FEELS
TERRIBLE. THIS SUCKS. I
FEEL FRUSTRATED,
OVERWHELMED, AND DUMB.**

WHEN I'M FEELING THIS WAY I HAVE 2 OPTIONS:

**FREAK
OUT**



**SLOW
DOWN**

When I'm Freaking Out

I FEEL OVERWHELMED BY

- Rumination
- Avoidance
- Weak Inferences
- Feeling Shame



I get stuck in **LEARNED HELPLESSNESS** and feel like I am powerless

I THINK:

- I'm a total imposter
- I'm a bad person
- Failing or struggling means I'm a worthless idiot
- What is wrong with me?

**When I am feeling helpless,
powerless, or overwhelmed
it is important to remember:**

**My feelings
are my
feelings and I
get to have
them.**



**Everyone freaks out
sometimes. I shouldn't
feel bad about it.
Feeling shame will
make everything worse.
It's how I respond that
counts.**

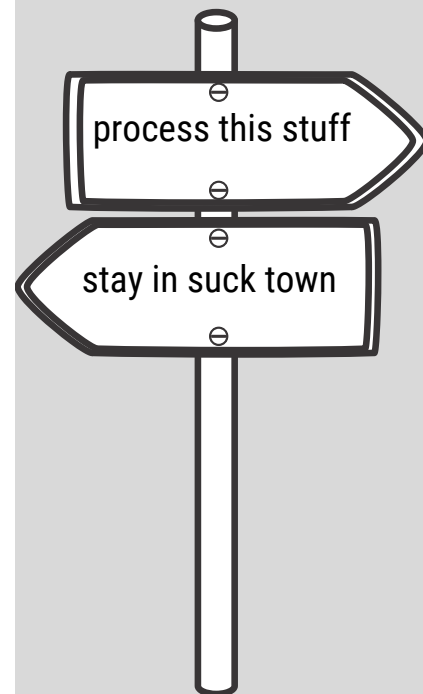
How Can I Slow Down?

YOU STOP AND THINK:

- What feelings am I feeling? Why am I feeling these feelings?
- My mind racing is actually my brain trying to make predictions and process.
- Feelings are real, but they are not facts. Feelings are temporary.
- Taking initiative makes me feel in control.
- Emotions feel like they are happening to me, but they are actually being made by me.
- My brain is capable of change even though this sucks.

When you Slow Down

You are choosing to get active with your emotions. You are choosing to get out of suck town so you can try and process how you are feeling. You are choosing to regain some control, even if it's messy and hard



Remind yourself: Emotions are made up of 4 things:

The Elicitor: the internal or external trigger

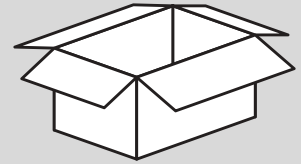
Subjective Experience: your thoughts and feelings

The Biological Response: physiological/ neurobiological changes

Behavioral Expression: face/body/voice/actions

Emotions don't just happen to us. We construct them through our subjective experiences, our brains, and our cultures. When you are feeling them, stop and think through them.

We all need strategies to unpack our emotions



Life is going to send hard stuff your way. Knowing how to take a breath, get meta, and process in those moments helps you: maintain control, have healthier relationships, be open to diverse points of view, lead with empathy, embrace vulnerability, create cool things, collaborate, and be the raddest version of you.