# Coping with reactive emotions and overthinking

1. Slow down-pay attention to breathing and your body
2. Ground yourself-take stock of where you are, focus on something you can see or hear and notice your feelings, including how your body feels
3. Pick **one** orienting thought (examples below)
* I can get through this.
* I know what I need to do and will take it one step at a time
* I can find the effective answers to this problem
* I have a goal that is important to me
* I have someone in my life who will help me – I do not

 have to handle this alone

* I can get guidance when I need it
1. Rate your stress level from 1-10
2. Rate your personal control in the moment/situation from 1-10
3. Ask yourself:
* Does this feeling increase my sense of control? YES NO
* Is this feeling worth the cost? YES NO
* Does this feeling help me think more clearly? YES NO
* Am I learning something useful from this feeling? YES NO
* Is this feeling consistent with my values? YES NO
1. Consider a few options of how to move forward in the moment or for the day
2. Out of these options choose the one matches best with your orienting thought (step 3) AND your values and goals