

Navigating Turbulent Times: Anxiety, Stress, & Emotional Wellness

WITH ALIZA SHAPIRO, LCSW
@THERAPIST_IN_NYC

1. Mindfulness Skills of OBSERVE, DESCRIBE, & NON-JUDGEMENT: When you notice any shift or rise in emotions, **label** them and **describe** how they show up in thought, body sensations, and feelings.

Do the opposite of ignore, and actively take hold hold of your experiences. Try not to judge what's coming up, try to **radically accept the experience of being human**.

2. Box Breathing: Picture a box in your mind, and imagine yourself tracing it's edges with a white light. Focus on your breath, and **breathe in 4 seconds, hold your breath for 4 seconds, then breathe out for 4 seconds, and hold your breath for another 4 seconds**.

Gently begin again if/when you get distracted. Focus on the breathing in your body, and the light in your mind.



3. Wise Mind: When you notice an urge to respond to an emotion with numbing (mindless eating, scrolling, overworking), use your WISE MIND:

1. Validate the Emotion Mind

("I feel the urge to numb because...")

2. Then access at the Rational Mind and choose a value driven response.

4. Healthy Habits: It's OK if a feeling is too big to process in the moment. **Choose healthier responses to strong emotions that don't involve numbing.** Some healthy ones include:

***Contribution** to your family, to organizations*

***Mindful Distraction** baking, running, anything that doesn't involve your phone*

***Connection** reaching out to friends/family even if you don't talk about stressors*

***Movement** doing an activity that engages your body, in order to get grounded in your mind*