

Imagery

For some of us Imagery can be a very powerful tool to help manage our own emotions.

I am a very visual person, so when told to 'breathe' in a guided mindful meditation I usually picture the breath being a particular colour. It depends on what I feel I need to breathe in, blue for calm, pink for self-nurturing energy, yellow for bouncy energy etc. (and to be honest, it's usually sparkly for added effect) 😊

I have a friend who visualised herself as a solid, calm, unaffected Rock amongst the waves of chaos, noise and tension in her household when things were going a little haywire. The idea is to have the waves of emotion and turmoil wash over you, while you remain as strong and still as a rock. It's really whatever visualisation or images work for you.

It can be difficult to explain how we are feeling, especially when it is covered up and comes out as anger, like it was in the beginning for my daughter.

I found this poster from Creative Therapy Associates so helpful when sitting with my girls once they had calmed down and helping them to talk through what emotions might have been sitting behind their 'anger'. Does this help you too?

HELPFUL RESOURCES

	<p>Managing Your Anger Poster. I found this poster from Creative Therapy Associates so helpful when sitting with my girls once they had calmed down. It helped us to talk through what emotions might have been sitting behind their anger.</p> <p>Find the Poster here</p>
<p>Big Life Journal</p>	<p>Free Growth Mindset Printables and other resources.</p> <p>Learn More about Growth Mindset</p>