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Get yourself from Crisis to Coping: Your instant emotional toolbox Mark Elder
Your instant emotional toolbox Over 40% of people admit to living in a state of constant stress. Human beings are an intense mishmash of thoughts, feelings and emotions that feed on each other in a jumbled bio-feedback loop. We are bombarded constantly with doubts and regrets. Feelings of inadequacy, disillusionment, grief, uncertainty, loneliness, isolation, shyness pile on top of each other leaving us feeling vulnerable and off kilter. For most of us there is a nagging something that hums in the background of our subconscious - a little voice that says, "maybe I'm not good enough" or not worthy of love, success, happiness. We are limitless in our ability to self sabotage.Every now and then the noise increases and we end up in a state of crisis. Anxiety, panic attacks, crippling depression, aching loneliness, existential doubt. We are hit with a tsunami of feelings that knocks us off our feet. When we are in the middle of this storm it can be hard to find a way out.Using the insights of a crisis telephone counselor, this book shows how people can turn the emotional volume down. Using diverse techniques such as breathing techniques, mindfulness, grounding, paraphrasing and self-parenting we can bring ourselves back from the brink. Knowing that things change can give us the strength to ride out the storm.Each chapter provides simple, clear explanations showing how to.

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