

# Mood Smoothie

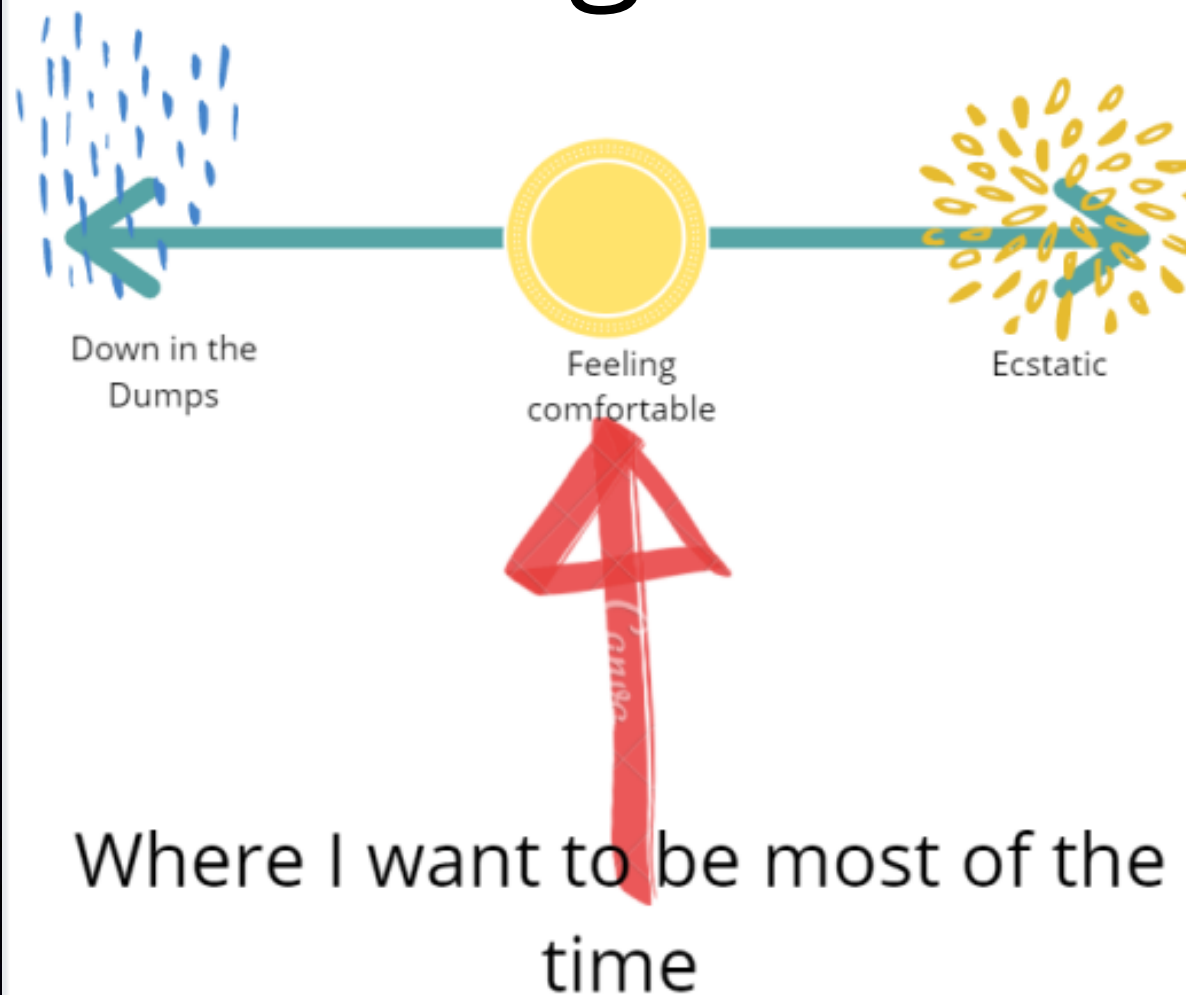
## Chapter 2

*Catching Emotions*

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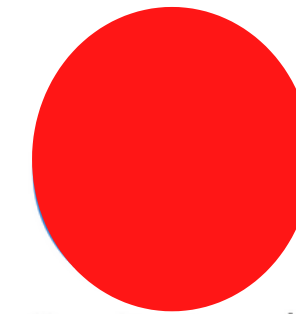
# Brief Review of Chapter One

## Feelings Line

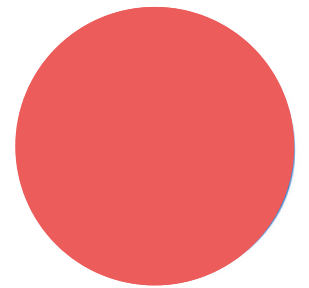


- While exciting moments make up our happiest memories, for the most part, we feel safest when we are in our emotional "comfort zone"
- When we are feeling emotionally uncomfortable, we want to blend these feelings with more positive thoughts so we can get back to comfortable.
- To get back to feeling comfortable, we can first recognize that we are feeling uncomfortable. This can be hard to do.

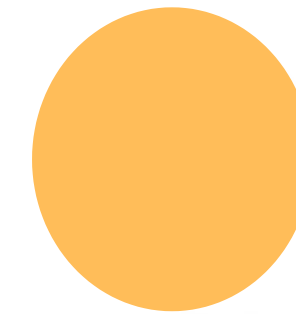
## Color code Comfort Levels



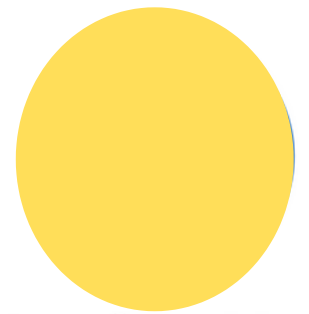
Can't stand it  
Uncomfortable



Uncomfortable and  
having trouble  
standing it.



A little  
uncomfortable, but I  
can stand it.



Comfortable

# **Step One: Listen to the thoughts in your mind and understand the difference between Facts, "Sorta Facts," and "Distorted Facts."**

## **Examples of Facts:**

I feel sad.

When I said "Hi" to Lisa, she frowned at me.

## **Example of a "Sorta Fact"**

A feeling doesn't have to be associated with something that just happened. There are many factors that contribute to moods, including sleep, diet, and things that happened in the past.

## **Example of a "Distorted Fact"**

Lisa frowned at me. She must hate me [*The individual who gave the look might be unhappy with you, but that doesn't mean she hates you. She might also be having a bad day for reasons unrelated to you. Also, if you are having an off day you might be more sensitive to others' looks.*]

**Step 2: State your thoughts about a situation and how it is making you feel, sticking to the facts.**



- Using the example above, one might say, "Lisa frowned at me when I said "Hi." I am having a heavy feeling. I am having the thought that she hates me, and I am feeling really sad at the thought that she hates me."

## **Step 3: Find a Way to Delay Responding to the Mood**



- Quick ways to allow yourself to pause when you notice an uncomfortable feeling:
  - Take at least one single deep breath and imagine "cooling down" your mind, body, etc.
  - Describe the feeling, even if this means simply saying "I'm having *that* feeling again." Remind yourself not to judge yourself for the feeling, that the feeling will pass or feel less intense with time, and that you can turn things around.
  - Small, soothing actions can be very helpful. Eat a snack, drink water, go for a walk, perform a household chore, etc. These small actions can keep you moving and prevent you from getting emotionally "stuck."
- **Look for trends when describing the situation (For example, "I tend to have the thought that everyone is against me when there is a lot happening at once").**



## Step 4: Pause and Keep Moving at the Same Time

- You can do this by slowing down your thinking and or behavior.
- Examples:
- Imagine sorting your thoughts into boxes as the boxes move down a conveyer belt.
- Imagine putting others' behaviors into a box or folder to "review later."
- Literally slow down your body (e.g. walk more slowly).
- Pay attention to how your food or drink tastes or what the texture is like.
- Pretend you are watching yourself in a film and study your own behavior by describing it in as neutral a way as possible (e.g. *"I woke up feeling tired and anxious about what the day will bring. This tends to happen on Mondays, and tends to get better by the afternoon"* instead of *"This is going to be a horrible day."*)
- Imagine what kind of person you want to be and keep moving towards the character traits you value.

## **Step 5: Be Open Minded and Flexible**

- **How to do this:**
- **Tell yourself you want to learn from the situation. When we are intentionally learning, we are more likely to be open-minded and creative. We are trying to understand what is happening to us and with others.**
- **Ask yourself "What are some things I can do?" without actually going through immediately with any of these possible responses (it's OK if some are not the most effective because you are just considering them. For example, "*I could sulk. I could forgive myself or others and move on. I could tell someone that I'm upset...*")**
- **Tell yourself "I can stand this" or "I can tolerate this."**



## **Summing It Up:**

- **Many things can affect our moods, and our moods in turn affect how we see the world.**
- **When we are feeling upset, we can "catch" our emotions by naming how we are feeling, stating what thoughts we are having, and stating how those thoughts are making us feel.**
- **Feeling upset does not mean we have to act right away. We can wait before doing anything and try to soothe ourselves with simple activities.**
- **Slowing down our thoughts can prepare us to be open minded and flexible.**
- **Being open minded and flexible will help us problem solve ways to feel better!**