

Activities To Soothe Your Emotions

[It's good to use your instinct here - who do you get a good feeling from?Carefully examine the courses of treatment each therapist offers and learn as much as you can about each method of treatment.It is important that you feel a connection to your therapist and that you feel they understand you.At the initial consultation, be sure to ask questions, in order to come away with all the information you need to make a decision.How do you approach treatment?How will you determine if your treatment is working?What will your next step be if the treatment is not successful?How often will we have sessions?How long will each session last?Does your treatment involve my partner and family?Am I able to call you if I am experiencing a crisis?If not, can you provide details of someone I can call?Will they be covered by my health insurance?In this way, you can both keep on top of any alterations in your condition and treatment can be adjusted accordingly.As an adult, you should expect your healthcare provider to give you all the information and assistance you need to deal with your illness.You should be given the choice to make your own decisions when it comes to your treatment.Often you healthcare provider will involve your partner or family in this discussion.Be sure to ask questions about anything you do not understand.Just relying on your psychologist, or other healthcare provider will not be enough to manage the emotional chaos than arises with the disorder.Tell them about anything that is worrying you.Be open to change with regards to your daily life.Be sure to do any homework set for you by your psychologist.Analyze your illness and understand the way it makes you act.Keep trying different treatment options until you find one that works for you.Get as much reliable information about the disorder as you can.Design and implement a plan to get you through crises.Having a plan in place will help you think more clearly in times of distress.The plan should highlight things you can do to get through the crisis, along with things that should be avoided.If you are suffering from a physical illness, recovery is often a black and white thing.You are sick, and then you are healed.But, as you likely know, recovery is completely different in cases of mental illness.Vary rarely does recovery mean a complete elimination of symptoms.Is unlikely thought not impossible that you will ever be able to completely dispense with the need for therapy, medication or other treatments.When dealing with borderline personality disorder, recovery can be measured in a number of ways.When you are in recovery you will experience less frequent emotional outbursts, and these outbursts will decrease in intensity.While it is of course possible that there will be relapses, you will be able to resolve these crises much more quickly than you did in the past.As your symptoms improve, you will likely feel more and more confident taking steps towards living a full and successful life.So what are you to do if your brain does not function in the same way as others'?Surely that is just something you have to live with, right?Skills and treatments such as meditation and mindfulness have also been proven to grown and strengthen brain matter.The more you practice, the stronger these pathways will become.Before you know it, the learned behavior will become automatic.With time and patience you have the ability to change the way you feel, behave and think.As each person is different, it is a good idea to experiment with stimulating different senses to find out what works best for you.You may also find that what works for you changes depending on just what it is you are feeling.Something that is effective for you when you are feeling numb or empty may not work to calm](#)

[anger or frustration](#). There are of course and endless array of way to stimulate your senses, but here are a few techniques to begin with. Or it could be an image you see in your imagination. Allow yourself to appreciate the colors and textures you see. Bright colors will have the effect of stimulating you if you feel empty or numb, while cooler colors can have a calming influence on anger or frustration. Stimulating your taste buds can help when you are feeling numb and empty. Alternatively, if you are seeking to calm your anger or agitation, warming foods such as tea and soup can help. If you are feeling numb, try holding a piece of ice, or running chilled or warm water over your hands. Gripping tightly to an inanimate object can also be helpful. If you need to calm yourself, a hot shower, warm bed or cuddles with a pet can be beneficial. If you are familiar with aromatherapy, you will know the immense power of scents. You will find essential oils available to manage any emotions. For example, scents such as lavender, ylang or chamomile can calm you, orange and sandalwood can have a stimulating effect, while rose, frankincense and basil can help alleviate anxiety. Also take the time to identify scents around your home that calm or stimulate you. For example, does the smell of clean laundry have a calming effect? How does the scent of freshly cut grass make you feel? What about the scents that come out of your kitchen? Pay attention to the way you feel when you smell different foods cooking. If you are struggling with emptiness or numbness, loud music, whistles or buzzers can help jolt you back to reality. To calm your emotions, try soothing music or natural sounds such as bird song, rainfall or ocean waves. If you don't have access to the real thing, there are many recordings available on places like iTunes or YouTube.