

1. Noticing your warning signs when your lid is starting to wobble



Think about the last time you got really emotional and



then think about how you were feeling in the time leading up to that moment. Research by Paul Ekman tells us that all



humans experience seven core emotions: Joy, Anger,



Sadness, Disgust, Contempt, Surprise, Fear.

What are your warning signs:



Moving lots

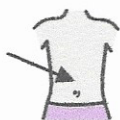


Voice

getting



louder



Funny feelings in your stomach



Being quiet.



Something else?

2. Noticing your moments of calm when your lid is down.



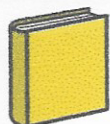
Thinking about moments when you feel calm, happy and 'tuned in' may help you to bring your 'lid down'.



Circle the things you do that make you feel calm and content.



Reading a book



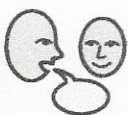
Watching a movie



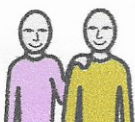
Going for a walk



Cuddling toys



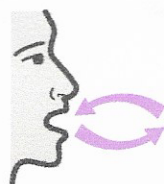
Talking to a friend



Spending time with a



pet



Breathing



Relaxing