

Take a breath with YES



(516) 799-3203 | (516) 719-0313



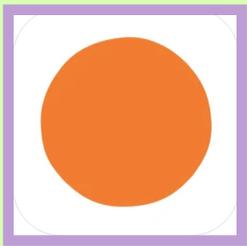
info@YESCCC.org



App of the Month



Headspace



[Explore Headspace!](#)

Headspace is an app that helps you to learn how to meditate and to live mindfully. There are hundreds of sessions that help you deal with stress, sleep, focus and anxiety, as well as shorter guided meditations for those with busy schedules.

It is a personal **meditation** guide right in your pocket. Even taking 10 minutes a day to listen in and clear your mind can help you have better attention spans, alertness and instant calm.

Making Sense of Your Feelings and Emotions

Our emotions have fluctuated so much over the past year. One moment you feel anxious and overwhelmed and then you'll feel brave and strong, and then that turns into frustration, and the cycle keeps going. These ups and downs can be exhausting. So, practice to be gentle and patient with yourself as you try to make sense of how you're experiencing life these days.

Here's some steps you can use to help you make sense of what you are feeling.

Try these three steps with us right now:

1. Identify an uncomfortable feeling that you have been experiencing lately and allow it to be there. You might need to take a breath, be still for a few moments and check in with your heart and mind to see what is there without judgment.

(In case you need some ideas, here are some words to explore: worried, disappointed, disconnected, afraid, frustrated, impatient, angry, resentful, jealous, hostile, confused, detached, numb, frozen, aloof, grief, unsettled, tired, exhausted, flustered, heartbroken, lonely, sad, depressed, tense, anxious, distressed, irritated, nervous, overwhelmed, sensitive, vulnerable)

2. Identify what the need is behind that feeling. It can help to ask yourself, "what is this feeling telling me about what I need right now?"
(Here are some examples of needs that we might have: connection, safety, affection, closeness, love, nurturing, soothing, respect, stability, support, to be heard, to be seen, to be understood, trust, rest, movement, touch, security, honesty, play, joy, ease, harmony, order, space, meaning, peace, relaxation, clarity, creativity, hope, mourning, purpose, structure, expression, steadiness, expression, release)

3. Do something to meet that need, even if it is something small or a step you can take to get that need met in the near future.

Take a breath with YES



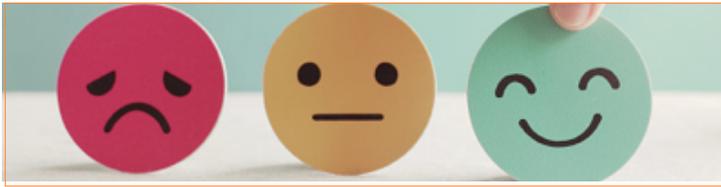
(516) 799-3203 | (516) 719-0313



info@YESCCC.org



(For example: texting a friend and telling them how you feel to build connection and to be heard, close your eyes and take a few breaths to feel more steady and in control, roll your shoulders back and drop them down to bring in a little ease, or put one hand over your heart and say something comforting to yourself that is soothing and supportive, or doing something to release your emotions)



The goal here is not to do this process perfectly or to immediately change the uncomfortable feeling. The goal is to be with yourself in the process so that you are not abandoning or pushing away how you are experiencing life right now.

Here is an example of what this process can look like. Allow myself to be still for a few moments and realized that underneath all the worry and uncertainty, you could really be feeling sadness. Realized we are grieving lost opportunities, missing my family, and deeply longing for normalcy.

When we allow the sadness to be there, realize the sadness is an opportunity to tell you what

you need that day. Sometimes it is telling us we need to cry and let it out. Our need at that moment isn't to feel happy, the need was to stop thinking about coronavirus for a while and instead attend to mourning my losses and missing what we longed for. Once we cry it out, even though it still felt sad, you can feel lighter and have more clarity.

Practice this. If you get stuck at a certain step in this process, be patient with yourself and know that even doing just one of these steps can be useful.

feelings inventory and needs inventory
explore the links above as a supportive resources to guide you.

It is likely that you will be communicating with someone who is also dealing with an uncomfortable feeling. You can try this process to support them too by listening to them and having them tell you how they are feeling, encouraging them to identify what it is they really need, and supporting them in meeting that need.

Self-Reflection

*How are you feeling in this moment?
Are holding on to something I need to let go of?*

Ami Kunimura, March 25, 2020



YES Community Counseling Center

(a 501c(3) organization)

75 Grand Avenue, Massapequa NY 11758

152 Center Lane, Levittown NY 11756

If you need support, you can reach us at 516-799-3203