

Symptoms and strategies

Emotions are present to protect us. It is not possible to avoid experiencing them. They appear 6 seconds before you can feel and react to them. Here are some ideas to keep you going.

Symptoms	Strategies
<p data-bbox="203 688 410 783">Physical symptoms</p> <p data-bbox="203 827 516 1171">Pain Muscle tension Digestive problems Sleep or appetite problems Headaches Dizziness Shortness of breath Fatigue</p>	<p data-bbox="548 659 813 695">Autonomous:</p> <ul data-bbox="597 707 1409 968" style="list-style-type: none">- Close your eyes- Inhale by inflating the belly for 4 seconds- Hold your breath for 7 seconds- Breathe out for 8 seconds, visualizing the part of your body or the symptom as being relieved <p data-bbox="548 976 699 1012">Guided:</p> <ul data-bbox="597 1024 1321 1104" style="list-style-type: none">- Relaxing in 4.0 mode, a whole new dimension to relaxation (10 minutes)
<p data-bbox="203 1276 410 1371">Emotional symptoms</p> <p data-bbox="203 1415 472 1713">Increased sensitivity, nervousness and worry, crying or nervous breakdowns Agitation</p> <p data-bbox="203 1757 326 1793">Anxiety</p>	<p data-bbox="548 1247 813 1283">Autonomous:</p> <ul data-bbox="597 1295 1414 1869" style="list-style-type: none">- Recognize and name the emotion- Remember that emotion does not define us- Emotions protect us when we interpret them correctly- Emotions are involuntary and always present, they are rich data- In the here and now, what do they send you as a message and how do you stay engaged in an occupation?- Actively listen to your surroundings rather than analyzing based on your emotions

<p>Irritation</p> <p>Sadness</p> <p>Decreased libido</p> <p>Low self-esteem</p>	<ul style="list-style-type: none"> - Soothe yourself if you feel irritated by choosing a calmer activity for the next half hour - Get active or create if you feel more agitated - Do a favor for someone, smile, enjoy something in your immediate environment <p>Guided:</p> <ul style="list-style-type: none"> - Isolate yourself from the chaos, without physically withdrawing
<p>Intellectual symptoms</p> <p>Difficulty concentrating, errors, forgetfulness; Indecision;</p> <p>Difficulty concentrating;</p> <p>Negative perception of reality</p> <p>Disorganization</p>	<p>Autonomous:</p> <ul style="list-style-type: none"> - Return to a specific, concrete task for 30 minutes - Do not get distracted for 30 minutes by remembering the intention of the next 30 minutes: <ul style="list-style-type: none"> - serve my customers - machining 40 parts - answer my emails - Cross out the task and repeat yourself, one thing at a time - Take notes of the "switches" and come back to them when you have completed the action in progress: <ul style="list-style-type: none"> - I write an opinion, I am disturbed, I ask for a minute, I write where I am and my short analysis (the meaning I wanted to give), I present myself available for the other. <p>Guided:</p> <ul style="list-style-type: none"> - Taking back control of your day
<p>Behavioral symptoms</p>	<p>Autonomous:</p> <ul style="list-style-type: none"> - I remind myself aloud that the brain recognized the stressor 6 seconds before

<p>Changes in eating habits Violent and aggressive behaviors</p> <p>More difficulty in relationships</p> <p>Absenteeism</p> <p>Tendency to isolate themselves</p> <p>Television abuse</p> <p>Increased consumption of tobacco, caffeine, sugar, chocolate, alcohol, drugs</p> <p>Avoidance of certain situations</p>	<p>I felt anything (reaction to the environment)</p> <ul style="list-style-type: none"> - I name out loud the behavior I recognize at the moment and what I will do to avoid getting "stuck in that habit - I exercise for 5 to 25 minutes <p>IMMEDIATELY:</p> <ul style="list-style-type: none"> - fast walking - skipping - mini trampoline - lunge, squat, jumping jack <p>Guidée:</p> <ul style="list-style-type: none"> - To go, we stand up (7 minutes)
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If needed: panic attack