

COUNSELLING AND PSYCHOLOGICAL SERVICES BULLETIN

December | Issue 6

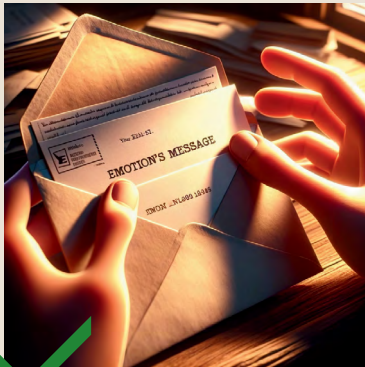


Momina Naveed

FIRST LAW: THE MESSENGER PRINCIPLE

“Just as postmen deliver messages, emotions convey insights. Do not judge; simply listen.”

Emotions are merely messengers. Think of an emotion like a postman delivering a message. If you judge the postman's appearance and shut the door, you miss the message. Just like that, emotions appear as positive or negative. For example, anger appears as negative or unwanted.



However, all emotions are messengers, trying to convey a message. For example, anger often says, “I have been wronged or hurt”. Or “Someone has been treated unjustly”. Therefore, instead of judging an emotion, think of its main job as delivering messages. This way, instead of focusing on the emotion itself, you will be more interested in listening to what it has to say.



SECOND LAW: THE BUOYANCY PRINCIPLE

“Emotions, like beach balls, naturally float. Suppressing them only makes them bounce back stronger.”

Difficult emotions can be challenging to sit with. A knee-jerk reaction can be to suppress them. However, if emotions are suppressed, they will push back, and come out in unwanted ways. If they are allowed to come to the surface and are processed, they are not just harmless, but can be useful in guiding you towards a meaningful life.

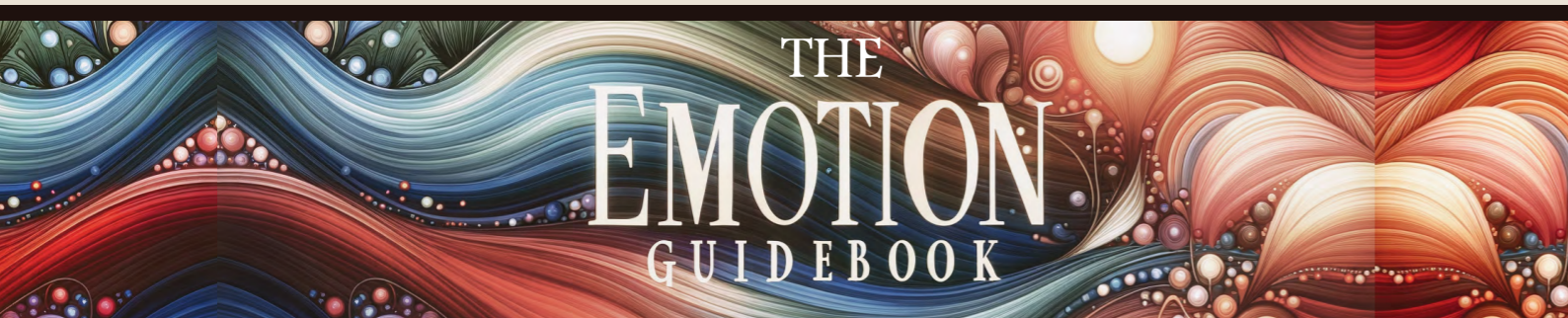


THIRD LAW: THE CONSERVATION PRINCIPLE

“Emotions, like energy, transform from one form to another.”

Just as energy cannot be destroyed, emotions cannot simply end if they are ignored. Instead, they can convert from one form to another. For example, suppressed anger will not disappear; instead, it may convert to grief or resentment, against your will. However, if you acknowledge and allow your emotion to surface, you can gain control over how it's channelled and changed.

Note: These 'laws' are the author's personal opinions and interpretations of complex emotional concepts. None of these terms are actual laws or technical psychological jargon you'd find in a textbook, neither are they meant to be taken literally. They are a creative spin on existing ideas in therapy.



1. IDENTIFY THE EMOTION



While it sounds simple, it can be difficult to know what you may be feeling.

Here are a few examples on how emotions may present:

1. Anger: Body heats up, fiery eyes.
2. Shame: Urge to hide, face turns red.
3. Guilt: Stomach churns, prompts amends.
4. Love: Heartfelt warmth.
5. Sadness: Tearful, low energy, heartache.
7. Loneliness: Feel unseen, out of place.

It can be useful to refer to emotion wheels, and keep a track on what you are feeling.

2. FEEL THE EMOTION

Similar to how starting an exercise routine can be challenging, acquiring the ability to sit with uncomfortable emotions requires dedication and patience. Akin to building physical muscle through consistent effort and time at the gym, consider it as the process of strengthening your emotional muscle. It is recommended to set a time out for catharsis- a time when you let yourself release the emotion, such as allowing yourself to cry.

3. RECEIVE THE MESSAGE

All emotions convey important messages. It can be challenging in the beginning to connect to your emotion, and understand what is being said. Journaling and talking to a trusted friend or when needed, talking to a counsellor can help with this.



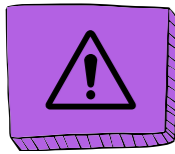
4. ACT ON THE MESSAGE ACCORDING TO YOUR VALUES

Finally, ask yourself: “How can I act on the message this emotion is giving me?” A few examples have been given below. However, it's important for you to identify your value system, so you can align your actions more closely with your own values.

1. Anger: Pause and breathe. When calmer, think, “What actions can I take?” Set boundaries, or remove yourself from harmful situations, as possible.
2. Shame: Remind yourself, “I'm valuable and worthy. As a human, it's okay to be imperfect.”
3. Guilt: Correct your mistakes.
4. Love: Express affection (appropriately).
5. Sadness: Mourn your loss. Help others who may be hurt too.
6. Loneliness: Love and care for yourself. Help others around you.

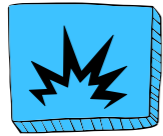
1. McLaren, K. (2023). The language of emotions: What your feelings are trying to tell you. Sounds True.
 2. Tarr, R. (2023, January 15). Using Plutchik's wheel of emotions to improve the evaluation of sources. Tarr's Toolbox. <https://www.classroom.net/blog/using-plutchiks-wheel-of-emotions-to-improve-the-evaluation-of-sources/>

CYCLE OF DISCONNECT



TRIGGER

Someone in your life said or did something that made you react in an unhealthy way (a behaviour you probably learnt as a kid to protect yourself).



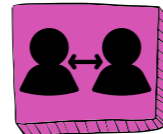
REACTION

Your reaction (lashing out or withdrawing) triggered the person, who then reacted back in their own unhealthy way (also trying to protect themselves).



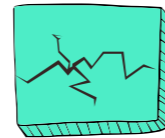
CONFIRMATION

Their reactions 'confirmed' your fears about them (they don't care or trust) which pushed you further away because you feel unsafe.



DISTANCE

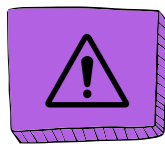
Your pushing them away confirmed their fears about you (you don't care or trust) further distancing them because they feel unsafe.



DISCONNECT

The original trigger became a part of your reality. You BOTH feel disconnected, hurt and unsafe.

BREAKING THE CYCLE



TRIGGER

Someone in your life triggered you in some way. You stop and identify the 'how' and 'why' of your feelings before responding, to be careful about your response.



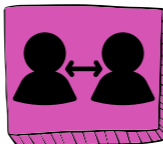
COMMUNICATION

A gentle communication of how they hurt you and expressing your need to feel safe again.



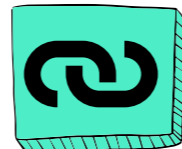
VALIDATION

They react by trying to understand and validate your experience by doing their best to fulfill the need and make you feel safe.



SAFETY

You express gratitude for their willingness to listen while checking with them if they need something to feel safe.



CONNECT

The original trigger was diffused and not given the power to create conflict. You BOTH feel safe, seen and heard.

5 PRACTICES

TO LIVE A HOLISTIC LIFE

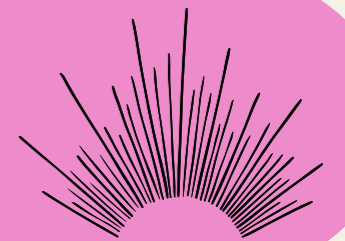
1. IKIGAI

Having a purpose in life. The reason we wake up everyday. Doing what we love. Doing what we are good at. Doing what our world needs.



2. WABI SABI

It means instead of perfection, one should find beauty in imperfection.



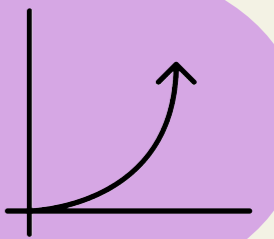
3. HARA HACHI BU

It means stop eating when you are 80% full. Eating too much brings lethargy to our body and mind.



4. KAIZEN

It means focusing on small improvements everyday. Trying to become 1% better each day.



3. SHINRIN-YOKU

Shinrin in Japanese means 'Nature' and yoku means 'Bath'. It means one should spend more time in nature.



By Hareem Jamil

Nurturing Strength in Adversity:

BUILDING RESILIENCE TO COPE WITH STRESS

Acknowledge Challenges

Recognise that challenges are a part of life. View setbacks as temporary and not reflective of your overall abilities.



Develop Self-Awareness

Understand your emotions and its effect on your strengths and areas for growth to develop coping skills.



Establish Supportive Connections

Build a strong network of friends and family. Seek help and share your feelings when needed.



Adaptability is Key

Be flexible and open to change. Develop problem-solving skills to navigate unexpected situations.

Take Care of Your Well-Being

Prioritise self-care with sufficient sleep, regular exercise, and balanced nutrition. Attend to both physical and mental health.

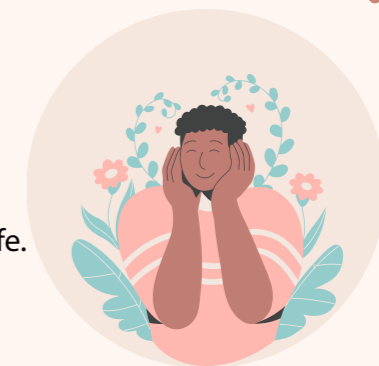


Learn from Adversity

Extract lessons from difficult experiences. Focus on personal growth and resilience gained from challenges.

Practice Gratitude

Cultivate a habit of expressing gratitude. Appreciate the positive aspects of your life.



Hania Batool

TECHNOLOGY ASSISTED EMOTIONAL REGULATIONS

HAFFIA AMSAL

Transform your smartphone into your personal sanctuary! Dive into a world of stress-busting magic with apps, turning your mobile into a powerful tool for emotional regulation. From stress busting to on-the-go mindfulness, let your phone be your daily dose of calmness. In the hustle of student life, your emotions deserve a VIP pass to serenity!



Moodfit

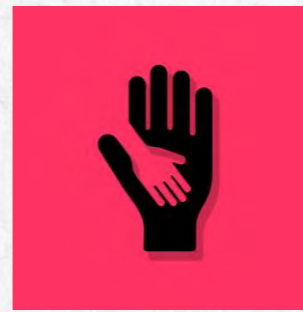
1 Why Moodfit?

- Build resilience and reduce stress
- Identify what takes you up and down
- Beat procrastination and rumination
- Learn responding instead of reacting
- Get your motivation back
- Identify and challenge malfunctional thinking

What does it offer?

- Mood Journal
- Gratitude Journal
- Breathwork
- Mindfulness
- CBT
- Insight and Lifestyle Check

	Mood Keep a mood journal. A better mood starts with awareness.
	Gratitude Keep a gratitude journal to see more of the positives in life.
	Mindfulness Mindfulness meditation can reduce stress and increase well-being.
	Breathing Use breathing exercises to relax and release tension in just minutes.
	CBT Thought Record Dispute distorted thinking that causes negative emotions.
	Low Mood Step by step process to help you with a low mood.
	Grounding Quickly move away from anxious thoughts and into the present.



2 Why What's Up?

- Access guided meditations and relaxation exercises
- Prompts for self-care and well-being activities
- Access support and resources anytime, any where

What does it offer?

- Instant tranquility with a quick calm-down
- Strategies to get through challenges
- Capture personal notes
- Access guided meditations and relaxation exercises
- Access to support and resources anytime

	Help Right Now Everything you need to keep calm right here
	Coping Strategies Thinking Patterns, Metaphors, Manage Worries & Positive Steps
	Information Anger, Anxiety, Depression, Self Esteem & Stress
	Personal My Diary, Positive Habits, Negative Habits & My Notes

Download here:

Moodfit



What's Up?





LUMS

Counselling &
Psychological Services