

# STRATEGIES

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# FOR WEATHERING THE STORM

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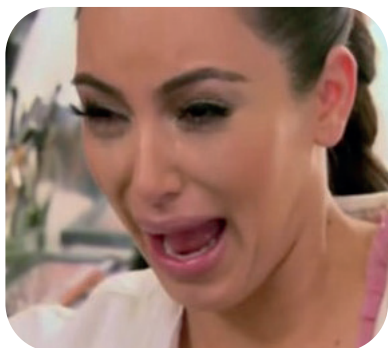


In moments of great crisis, you should first think about calming yourself down, comforting yourself and “anchoring” yourself so as not to increase your pain.

**Here are a few tips to help you weather the next storm!**

## Attitudes that shield you when the storm arrives

- Recognize that it’s a difficult time... it will pass, it’s not permanent.
- Be more gentle and lenient with yourself when you’re going through a tough time.
- Notice what you’re feeling inside, without judging.
- Allow yourself to feel your emotions, whatever they are.



## Attitudes that will make the storm worse

- Telling yourself that you will never get through it.
- Criticizing or judging yourself.
- Instantly throwing yourself into solution mode.
- Making yourself the judge of what’s a good or bad emotion.