Managing Emotions

Experiencing strong emotions such as irritation, frustration, anger or sadness are a normal part of recovery.

Ways to manage emotions

- Recognize triggers including specific thoughts or situations
- Take a break and step away, walk out of the room
- Talk to family and friends about how you are feeling.
- There are professionals who can assist you (e.g. psychologist, psychiatrists, family doctor)
- Practice relaxation techniques (see links provided)
- Focus on one thing at a time
- Focus on what is in your control
- Avoid comparing yourself to your “former self”
- Reduce number of demands on yourself (e.g. delegate to others)
- Engage in a pleasurable activity or hobby (e.g. a walk, yoga, listen to music)

Emotions such as tension and anxiety can increase cognitive difficulties. Therefore it’s important to take care of yourself and your emotional wellbeing.