

Red Flags to Get Help

Get Help with Emotional Intelligence

By Jeanette Hargreaves LLC

Extreme sadness / worry / stress / guilt

Toilet paper up to the ceiling. "Doom scrolling" on the internet during your sleep time. Weight loss or weight gain, the "COVID19" (10+ pounds). Lots of crying. Difficulty doing normal things like eating, showering. Hurting yourself or someone else. Keeping secrets. Beating yourself up, worry that you haven't done something right. Talking about or focusing on the bad stuff right before bed; focus on something positive before you sleep instead.

Extreme anger / irritability / overwhelm

Losing your temper more than once a week. Cutting people off, not talking in anger. Leaving in a huff. Not feeling comfortable enough to sleep at night.

Extreme happiness / excitement / busyness

Adopting a pandemic puppy, or two, or three. Busy with a project, remodel, extreme cleaning, business, party, or politics.

If it's interfering with sleep, eating, relationships, or work

That's when it's time to get help. Even if you're not sure, talk to someone.

Even if it seems small, get help.

Getting support is a good thing.

Connect With Yourself

Using Emotional Intelligence
By Jeanette Hargreaves LLC

Maintain your Composure

Calm yourself (use The Perfect Yawn).

Connect with Feelings

Say to yourself, "I feel _____ because _____." Notice what the feelings feel like in your body. Pause.

Connect with Values

Say to yourself, "Because I'm feeling _____ that means I value _____." What's important to you? Pause. You may repeat the steps above.

If there's a Problem

Ask yourself, "How can I be helpful using my feelings and values? Problem-solve based on your values. Consider both individual and group values. Get support to be successful. Avoid rewarding and punishing yourself. Instead, find something to celebrate.

Celebrate small wins.

It might seem silly, but pat yourself on the back, or do a little dance in the kitchen. It helps!

The Perfect Yawn

How to tell your nerves to calm down so you can be
Cool, Calm, and Collected.

Think about a time you felt the way you want to feel

Relax the eyes and forehead

Bring the tongue down from the roof of the mouth

Tilt your head side to side to loosen neck muscles

Bring your shoulders down from your ears

Yawn with a long exhale

Open the the space at the back of the throat

Loosen your jaw

Let your belly drop

Relax your gluts (butt)

Keep yawning

Wiggle your knees

Wiggle your feet

Massage your scalp

Stretch

Sigh

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