

Dealing With Strong Emotions

DBT Exercise

When we are dealing with strong emotions, it helps to picture ourselves as a tree in a storm. If we lift our arms and hands above our head. Move them like they are blowing in the storm. Notice that our head is also moving. This is like our emotions, our mind gets involved. Notice as we move down our body that our stomach, legs and feet are not moving. This is like the trunk of a tree in a storm.

So to deal with these strong emotions, picture this and then focus your mind on breathing rather than on the strong emotions. Notice how it has a calming effect. We are connecting with the rest of our body, our core, our trunk. Focus on your stomach moving up and down.

By doing this exercise, the strong emotions will pass over us and we will become calm again. Just like a storm passing on and the tree becoming calm again.

The following short video with children being guided through this exercise helps to demonstrate it's effectiveness.

<https://youtu.be/6lOnsQOgTPY>