



Emotional overload? Time to reflect and redefine...

When did you last lose your cool? What happened? Like falling off a bike, emotional outbursts can happen suddenly and unexpectedly. Can you remember what the trigger was? Do you remember how you reacted or responded? Did you beat yourself up for days... "Why did I say that? Will they ever speak to me again? Have I damaged our relationship forever?" Ruminating like this can leave you feeling terrible.

Guilt will keep you stuck, if you let it

After an emotional outburst, it's **healthy** to feel somewhat regretful or guilty, especially if it prompts empathy, forgiveness and tolerance – for others and yourself. The strength of your emotional response is a good indicator of how much you care about the issue at hand and raises a red flag: What's the *real* problem here? **Clue:** It's often *not* what someone else said or did. Their words or actions brought the issue up and **your reaction states that it's an important one.** It may be time to *redefine boundaries, restate values or reflect on what you need.* By recognising that the outburst clearly states, "*I care about this!*" and then taking action, you will earn respect and strengthen relationships.

Is something contributing to low tolerance?

An emotional outburst can also warn that you're feeling over-extended or over-tired. Recognising this early is good practice. Ask yourself: "Am I over-tired?" If so, **prioritise getting enough rest** for the next week. "Am I going through an extra stressful time?" If so, **tap into any extra resources available** to help you manage. "Have I ignored previous opportunities for action and now my boundaries are being overstepped?" If so, remember that **honouring your values results in integrity and congruency** and adds value to your relationships, in the long run. "Am I over reacting frequently?" If so, you may need a hand to **learn strategies and skills for managing emotions and/or conflict.** "Is it just 'one of those days'?" If so, **be kind to yourself, everyone has days like that.** Thankfully, tomorrow is a new day.

If you lost your cool, there's no benefit to be gained from beating yourself up with excessive guilt. Acknowledge the situation, take steps to minimise a recurrence then simply get back on your bike and keep peddling!

- ✓ Emotional outbursts can take everyone by surprise and the real issue may not be what was said or done.
- ✓ Stress and overwhelm are often remedied with sleep, self care and appropriate boundaries.
- ✓ Don't let guilt prevent you from taking action.

"Tell me what you pay attention to and I will tell you who you are."

Jose Ortega y Gasset

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