

# When Feelings Get Too Big

## What Happens and What Can Help



Sometimes, feelings build up.



When this happens, it can feel scary.



It can be hard to talk



You might do things you don't mean to do



It helps you to know what is happening in your body and mind



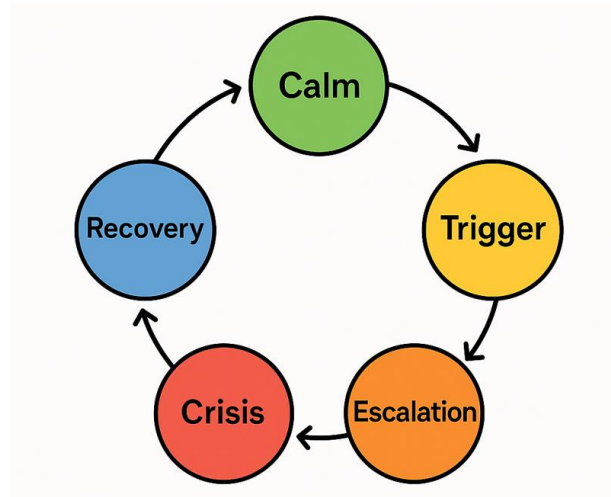
It helps to know what others can do to help

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You can feel better again

**This explains how emotions build up and what might help at each stage.**



### Calm – I feel okay



#### Thoughts

- “I’m ok.”
- “I feel safe”



#### Feelings

- Calm
- Happy
- Relaxed



#### Body

- Breathing is slow
- Body feels soft
- I feel comfortable

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## Behaviour



- I can listen
- I can talk and ask for help
- I can join in
- I can have fun

## What might help



- Doing something, I enjoy
- Knowing what things upset me (triggers)

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## Thoughts



- “I don’t like this”
- “This place is too loud”
- “I feel worried”

## Feelings



- Upset
- Anxious
- Uncomfortable

## Body



- Fidgeting or moving more
- Muscles feel tight
- My breathing is faster

## Behaviour



- I might say “I don’t like this”
- I might get louder
- I might stop listening
- I might say no

## What might help



- Give me space
- Use a calm voice
- Help me feel safe

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## High arousal

### It's getting too much

#### Thoughts



“This is too hard”  
“I want it to stop”

#### Feelings



- Scared
- Angry
- Trapped
- Stuck

#### Body



- My heart races
- Clenching my jaw or hands
- Pacing and rocking

#### Behaviour



- I might slam doors
- Voice gets louder

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## What might help

- Don't talk too much
- Stay nearby
- Help me use my calming strategies

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## Crisis

### I lose control

#### Thoughts



“I can’t stop this.”  
“Everything is too much”

#### Feelings



- Out of control
- Panicked

#### Body



- Crying
- My heart beat is faster

#### Behaviour



- Running away
- Shouting
- Swearing
- Throwing things

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## What might help

- Keep me and others safe
- Let me know I'm safe
- Give me space and time

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## Feeling a bit sad, I start to calm down

### Thoughts



“I feel tired.”

“I don’t feel like talking”

### Feelings



- Sad
- Quiet
- Embarrassed

### Body



- Tiredness
- Sore and aching
- Sleepy

### Behaviour



- Quiet
- I might want to be alone

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## What might help

- Let me rest
- Don't ask lots of questions
- Just be kind and calm

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# I start to calm down. (Recovery)

## Thoughts



“I feel better now”

## Feelings



- Calm
- Safer
- More in control

## Body



- Breathing is slower
- Body is more relaxed

## Behaviour



- I might smile or laugh
- I can listen and join in

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## What might help

- Do something fun
- Start again

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