

UNDERSTANDING FEELINGS & INTRODUCTION TO EMOTIONAL REGULATION

SESSION 8 OVERVIEW:

Feelings are messengers that alert your brain to relevant stimuli and guide your reaction and response to these events. Emotions can be stimulated by thinking of, or recalling stressful or painful situations. It is the original body response to these memories that gives rise to the emotion. The secret to overcoming negative emotions is not to argue with them, but understand what they are saying about your needs and take the appropriate action. When experiencing chronic pain, we are often in emotional dysregulation, the feeling of being unable to switch off mentally or relax. Conversely, emotional regulation is the ability to respond to stressors, such as pain, effectively with the correct emotion. It involves skills such as reassuring yourself and recognizing when you need self-care. Working toward emotional regulation is important for chronic pain because positive emotions stimulate the release of natural pain-alleviating chemicals and mood enhancing chemicals, such as dopamine and serotonin.

AT HOME PRACTICE:

Session 8 Assigned Exercises:

- BLS Soft – Regular (Mental Healing)
- Healing the Spirit (Stress Management)



Bilateral stimulation (BLS) can be beneficial for emotional regulation. While completing BLS, listen to with a dual awareness of what you are feeling physically and emotionally. Listen with an open mind and allow yourself to experience relief naturally. After BLS, it is important to heal the split between the mind and body that occurs when you have experienced trauma or neglect. Use the Healing the Spirit exercise to help reestablish the connection between the mind and body. Complete both exercises daily using the Overcoming Pain App and your non-noise cancelling earbuds! Be sure to complete the BLS exercise prior to Healing the Spirit.