• **Recognize what is happening.** Notice what emotions are present for you and turn towards those emotions in an open and non-judgmental way.

• ** Allow life to be just as it is.** Take a deep breath and allow those emotions to simply be. You are in control right now! You are simply allowing this situation to be as it is, in this moment.

• **Investigate inner experience.** You may not always feel the need to take this step, but sometimes it feels important to understand why you are experiencing the emotions you are experiencing. To understand why, begin by asking these questions:
  o Are there physiological factors that might be affecting this emotion?
  o Have I been ignored or left out recently?
  o Have my contributions or efforts gone unacknowledged?
  o What do I really need right now?

• **Non-identification.** You are not your emotions!

---

**Using Opposite Actions**

When you feel like…

• Isolating from friends, **make a plan to hang out**
• Screaming at your partner, **take a few deep breaths and count to ten**
• Avoiding your professor because you are afraid you are failing, **send an email or ask to meet after class**
• Skipping dinner because the cafeteria is overwhelming, **make yourself go for at least two minutes before deciding it feels like too much**
• Curling up in bed because you are feeling down, **go for a walk outside**
• Procrastinating on your homework, **set a timer and work for at least ten minutes**
• Engaging in familiar patterns of self-criticism, **say “thank you” to yourself for waking up today**
What next? Additional Resources...

Online Resources

**CCSD Website** - http://www.ecu.edu/counselingcenter

**Integrative Health Partners** - http://www.integrativehealthpartners.org/resources.shtml

**Think Mindfully** - http://www.thinkmindfully.com

**Mayo Clinic Stress Reduction Website** - http://www.mayoclinic.com/health/mindfulness-exercises/MY02124

**Meditation Oasis** - www.meditationoasis.com

**Mindful** - www.mindful.org


Apps for your Smartphone, Tablet, or Computer

<table>
<thead>
<tr>
<th>ACT Coach**</th>
<th>Breathe2relax**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deep Breathing Exercises and Pranayama Techniques*</td>
<td>Mindfulness Coach**</td>
</tr>
<tr>
<td>CBTi-Coach**</td>
<td>Headspace**</td>
</tr>
<tr>
<td>Mindshift**</td>
<td>T2 Mood Tracker**</td>
</tr>
<tr>
<td>Take a break!*</td>
<td>Calm**</td>
</tr>
<tr>
<td>Sanvello**</td>
<td>Simple Habit**</td>
</tr>
<tr>
<td>Guided Mind**</td>
<td>Qi Gong Meditation Relaxation***</td>
</tr>
<tr>
<td>Wellscapes*</td>
<td>Smiling Mind**</td>
</tr>
<tr>
<td>Deep Relax*</td>
<td>Relaxing Sounds*</td>
</tr>
<tr>
<td>Relax Melodies**</td>
<td>Free Relaxing Nature Sounds*</td>
</tr>
<tr>
<td>Yoga Workout/Daily Fitness**</td>
<td>Simply Yoga**</td>
</tr>
<tr>
<td>Daily Yoga**</td>
<td>MINDBODY***</td>
</tr>
</tbody>
</table>

* = iPhone only; ** = iPhone and Android; *** = Android only

Books for Further Reading

- The Anxiety and Phobia Workbook by Bourne (2011)
- Get Out of Your Mind and Into Your Life by Hayes & Smith (2005)
- The Mindful Way Workbook by Teasdale, Williams, Segal, & Kabat-Zinn (2014)