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a quarterly newsletter

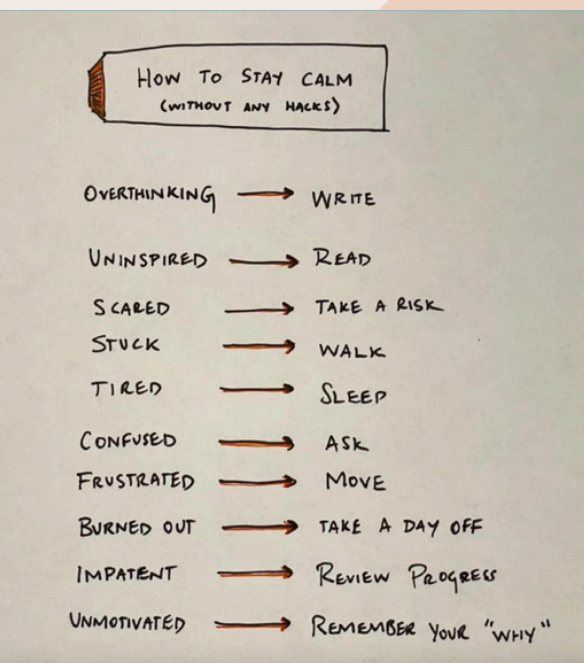
Sept
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Shouting “STAY CALM!” is like trying to put out a fire with gasoline. Instead, what soothes you when you’re anxious, frustrated, or exhausted? How can we keep others calm when they’re on the verge of a total meltdown? **Trying your best to understand yourself and others goes a long way when feelings are escalating.** In this issue, we’ll explore strategies for staying grounded and helping others keep steady when emotions run high. Enjoy.



Warmly,
Dr. Jenna Schleien
Clinical Psychologist & Founder, Lumina Psychology



Keeping yourself calm -

Originally posted by Reddit user Zuilserip, the infographic to the left offers an uncomplicated, almost cheeky approach to staying calm. Will these suggestions solve your problems? Absolutely not. Could they point you in a helpful direction when something doesn't feel right? Absolutely. One way to work toward relatively consistent composure is to pay attention to how you feel and take simple, mindful actions to steady yourself accordingly.



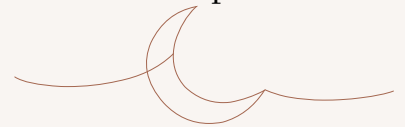
to learn more, or to schedule a session, visit www.luminapsychology.com



Ängslilja, duvet cover -

Oftentimes, staying calm feels impossible when you're desperately tired but unable to fall asleep. Listening to something that's engaging enough to hold your attention but tedious enough to bore you can help. Cue a Swedish woman with a soothing voice reading from an Ikea catalogue. Every time your mind starts to wander back into anxious thoughts ("I can't believe I panicked during that presentation today," or "I'll never be able to function tomorrow without a good night's sleep"), gently refocus your attention on the podcast.

listen



Radically genuine curiosity for the win -

When your husband, or your child, or your boss, or your mother starts really freaking out, try screaming "CALM DOWN" or "TAKE A DEEP BREATH!" Just kidding. In his blog post titled "Psychiatric Restraint," psychiatrist Owen Scott Muir, MD, explains how he uses principles of Mentalization-Based Treatment to calm people down during moments of intense dysregulation. It's a beautiful illustration of how helpful it can be to attempt to understand what someone else is thinking and feeling when they are acutely upset, even when it seems completely nonsensical to you. For instance, as in the article, "we're trying to stop you from swallowing sharp objects, which is the only thing that makes you feel better?," or with your partner, "you felt criticized when I said the baby has been crying all morning?" As Dr. Muir writes, "deploy[ing] radically genuine curiosity about the internal world of another" is remarkably calming. Try it out - it may help you evade a fight or prevent a meltdown.

read



A bonus, just for fun - Felt stop motion animation - soothing and awe-inspiring. Did someone awesome forward you this newsletter? Subscribe here. Do you have an idea for a featured resource? Write to me here under the Contact tab.

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