

Stall Street Journal



Unhealthy impulses tend to strike when we are experiencing intense emotions, like **stress**, anger, sadness, **boredom**, and loneliness, or when we are feeling **disconnected from reality**

Curb the Urge

The compulsion might be to **binge, drink or do drugs, do mething you know is dangerous, or to injure themselves.** Immediately after **satisfying** the impulse, a sense of **calm and control** replaces the urge.

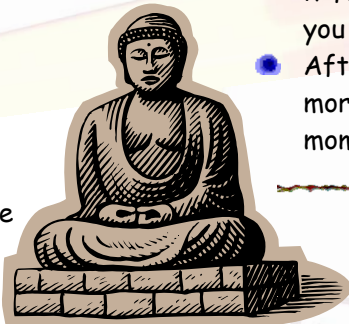
Recreate a calm and controlled state with some simple **relaxation exercises**

“Riding the Wave”

- Feel the urge come upon you like a wave, and observe it as you wait it out
- Feel it build, getting stronger and stronger, rushing faster and faster...
- Until it comes to a peak...
- And crashes, splashing over and through you...
- To dissolve back into a calm and peaceful state

Breathing Up and Down

- Close your eyes
- Allow your eyes to roll up as you inhale
- And to roll down as you exhale
- Repeat this cycle about 5 times



Exhaling Tension

- As you inhale, imagine all of your negative emotions and tension gather in your chest as a black cloud
- As you exhale, visualize the cloud leave your body with your breath
- Repeat several breaths

In and Out

- Close your eyes
- Listen to the sounds around you for a few moments
- Start to notice how your body feels, the temperature of your skin, muscles that are tight, sore or tensed, and how your body is being supported by the ground or chair
- Now, take full breathes and pay attention to how it feels, as your chest and belly rise and fall as you breathe
- After a moment, pay attention to your body once more... then the sounds around you for a few moments... and open your eyes

Practice them a few times **before** your next urge, so you can produce the effects **more quickly** when you need to use it in practice.

If you feel you are not coping well with emotional stress, you can

call for help: (630) 305-5500,
Linden Oaks at Edward Help Line