

## Care of the mind

# Restoring emotional balance

After the initial shock, you may become more aware of the emotional impact of your changed life circumstances and want to attain or restore peace of mind. You may find some assistance in the following suggestions:

### Be in the present moment

When you feel anxious and distressed sit quietly and focus on the predictable rhythm of the inflow and outflow of your breath. If you have an illness which causes breathing difficulties, focus on slowing your breathing down as best you can, e.g. so each in breath lasts for two seconds and each out breath lasts for two seconds. Gradually see if you can slow it even further to a level that is comfortable for you. You can even imagine breathing in a calming colour.

### Make room for difficult emotions

Distress, anger, regret, disappointment, sadness, anxiety and other unpleasant emotions are to be expected. Trying to get rid of, change or suppress difficult emotions increases your struggle with them and makes you feel more stuck and overwhelmed. As hard as it is to do, if you can, just let them be. But if you find they are too intense or last too long you may wish to ask for help.

### Be kind to yourself

If you are able to stay with your feelings at this time, acknowledging your fear and your pain, the next step is to practice self-compassion. Give yourself the comfort and care that you would a dear friend. Identify what you need right now and with kindness give this to yourself or ask someone else to provide the support you need.

### Remember you are not alone

At this very moment thousands of others around the world are also facing a similar experience. Allow yourself to feel a sympathetic connection with them. This will help reduce your feelings of fear and isolation.

**Karuna also has experienced people you can talk with on:**  
07 3632 8300 or [karuna@karuna.org.au](mailto:karuna@karuna.org.au)



This is a **Support and Learning** resource. More resources available at [www.karuna.org.au/resources](http://www.karuna.org.au/resources). Karuna is affiliated with [www.fpmt.org](http://www.fpmt.org)



This work is licensed under a [Creative Commons](https://creativecommons.org/licenses/by-nc-sa/4.0/)

[Attribution-NonCommercial-ShareAlike 4.0 International License](https://creativecommons.org/licenses/by-nc-sa/4.0/)

SLID 1002 V3