

# Give yourself some Emotional C.R.E.D.I.T.

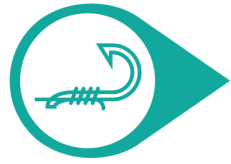
Emotions have not evolved to be ignored and they exist to move us away from danger or towards pleasure.



We can fall into one of two poor emotional coping strategies:  
#1 'getting swept away with our emotions'  
#2 'bottling them up'

The better approach is to accept our emotions will sometimes create stormy seas, and, like a small boat, we need to accept we will be tossed and blown about, so we need to roll with the waves but navigate a positive course.

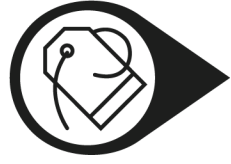
## To do this, the “CREDIT” model stands for:



**C**

### Catch yourself and Create Space

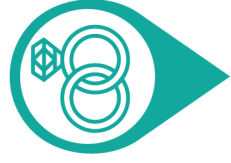
(Don't forget your 'rescue breath' - breathe in for a count of 2, hold for a count of 2 and breathe out for a count of 4)



**R**

### Recognise the emotion

When you catch yourself, try to identify what the emotion is - and LABEL IT - avoid labelling you



**E**

### Engage with the emotion

Be present but don't act 'being not doing'



**D**

### Detect the real cause

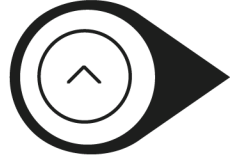
What's really causing the emotion?



**I**

### Inside out

Externalise the emotion positively by - writing it down (journaling), talking it through with someone else or saying it out loud to yourself



**T**

### Take Tiny Steps

Don't expect this to be an overnight fix - take small consistent steps towards better positive emotional coping.