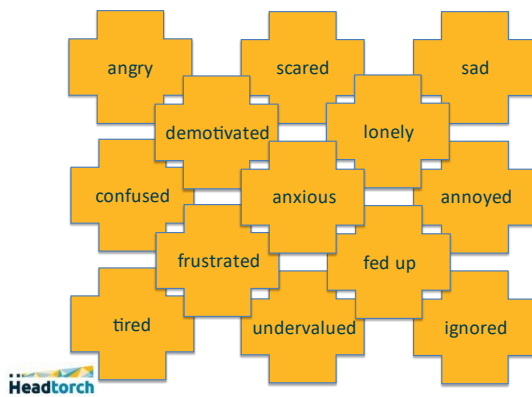


'Normal' feelings



We are living in extraordinary times. It's normal for us to be experiencing a range of emotions.

It's worth taking a moment to notice which, less positive feelings we are experiencing.

When we notice these in ourselves, it can be the first step to doing something about them.



What stops us talking about our feelings?

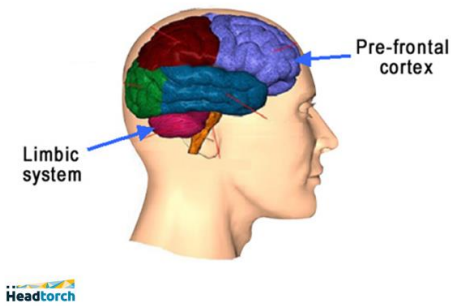
- + Fear
- + Embarrassment
- + Lack of confidence
- + Don't like to be a burden
- + Don't feel safe
- + Seen as weak

Many things can stop us talking about our feelings.

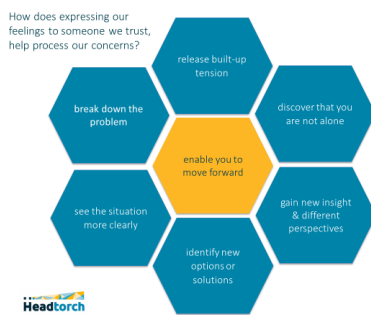
One of the best things we can do is to help to create an open and supportive environment in which talking about feelings is positively encouraged.

"Vulnerability is not weakness; it's our greatest measure of courage."

Brené Brown



- + Pre-frontal cortex (PFC) - responsible for all logical and reasonable thought, planning, behavioural control, organisation and creativity.
- + Limbic System - feelings originate here.
- + Without expression our feelings remain unprocessed in the Limbic System.
- + By putting our feelings into words, they move from the Limbic System to the PFC where we can process them and move forward.



- + Now more than ever, it's important for us to talk to someone if we are struggling. Identify someone or an organisation who you could speak to if you are struggling.
- + If you notice someone struggling, now is the time to open up a conversation with them.
NB: You're not there to solve, just to be human.
- + Have a supportive conversation and sign post them on to further support available in your organisation.

Depression & Anxiety

General	Chronic
+ normal reaction to lows or stressors in life	+ abnormal emotional state / reaction to stress
+ motivate	+ prevents action
+ safeguard	+ controlling
+ fleeting	+ prolonged

The Headtorch logo is at the bottom left.

- + Feelings have 3 main functions - to give us information, to communicate to others and to motivate action.
- + Be aware of the differences between 'normal' feelings of being anxious or feeling down compared to chronic symptoms.
- + If you notice someone is struggling, have a supportive conversation and signpost them to the support options available.



- + Some things can affect our mood and feelings negatively, we call these triggers. It's helpful to notice what triggers you.
- + Notice how you react in terms of how you think, feel and behave.

Interrupters - disrupting unhelpful patterns



What's your interrupter?

Imagine it's your friend's problem... what would you say?

Go for a walk

Breathe:
in for 4, hold for 4,
out for 4

Focus on your senses

Call a friend

Drink a glass of water

Star jumps!

Imagine how an expert would deal with it



Use your senses to find calm

Look around you, identify and name:

- + 5 things you see
- + 4 things you feel
- + 3 things you hear
- + 2 things you smell
- + 1 thing you taste

- + Find interrupters that work for you. It's good to have a bank of options that you can draw on easily.
- + The suggestions above and opposite can be excellent interrupters, helping you to reset.
- + Explore what works best for you. Imagine how you might think, feel and behave with your chosen interrupter/s.
- + Remember to celebrate, every time, even a quite inward nod of recognition can help. This celebration gives you a 'shot' of dopamine, which makes you feel good, encouraging you to use the interrupter again and again.

University of Glasgow Support Options

Support available for staff

PAM Assist

PAM Assist provides confidential support and advice 24 hours a day, 365 days a year over the phone on 0800 882 4102 as well as hosting resources on their website [Find out how to access self help resources](#)

Togetherall (formerly Big White Wall)

Togetherall is a safe space online to get things off your chest, available 24 hours a day, 365 days a year for all OfG staff and students.

Mental Health First Aiders

[Contact details for Mental Health First Aiders](#)

Respect Advisors Network

Support and guidance on bullying and harassment through the [Respect Advisors Network](#)

Chaplaincy

Looking for a supportive conversation? Our team of Chaplains are available for confidential chats on any matter concerning you.

Occupational Health Service

Staff can be referred by their line manager to the University's [Occupational Health Service](#), which provides support to promote and preserve both the physical and mental wellbeing of all staff.

Counselling & Psychological Services

CAPS offer various self-help resources, including information on managing anxiety and stress, and a page on [Coronavirus and mental health](#)

Find all the information <https://www.gla.ac.uk/myglasgow/staff/healthwellbeing/>

National Support Options



116 123



0800 83 85 87
www.breathingspace.scot



111



www.depressionuk.org



03444 775 774



www.bipolaruk.org



0808 801 0677



0800 9177 650



www.relate.org.uk

Further reading & listening:

David Bradford & Carol Robin:

'Connect – Building Exceptional Relationship with Family Friends and Colleagues'

Interviewed by Dr Rangan Chatterjee:

<https://drchatterjee.com/how-to-build-exceptional-relationships-and-why-you-should-with-david-bradford-and-carole-robin/>

Brene Brown:

'Dare to Lead'

<https://daretolead.brenebrown.com/>

The Power of Vulnerability

https://www.ted.com/talks/brene_brown_the_power_of_vulnerability?language=en#t-8237

Ethan Kross:

'Chatter – The Voice in Our Head, Why it Matters, and How to Harness It'

The Purpose Of Emotions

<https://www.verywellmind.com/the-purpose-of-emotions-2795181>

5-4-3-2-1 coping technique

<https://www.urmc.rochester.edu/behavioral-health-partners/bhp-blog/april-2018/5-4-3-2-1-coping-technique-for-anxiety.aspx>