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NOW WHAT?
Emotional Management
During Uncertain Times

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How do we make sure
we are interrupting
(pandemic) patterns
before they become
chronic?

2

The ELIMINATION paradox...

The more you try to get rid of a worried thought or
symptom, the **STRONGER** it gets.

BOTH!!

3

Anxiety Demands TWO Things:

Certainty: "I have to
know what's going
to happen next...and
I want to control it!"

Comfort: "I want to
feel safe and
comfortable...or else
I want out!"

4

**Being
uncomfortable
& uncertain...**

is price you pay for moving into new
territory *and*

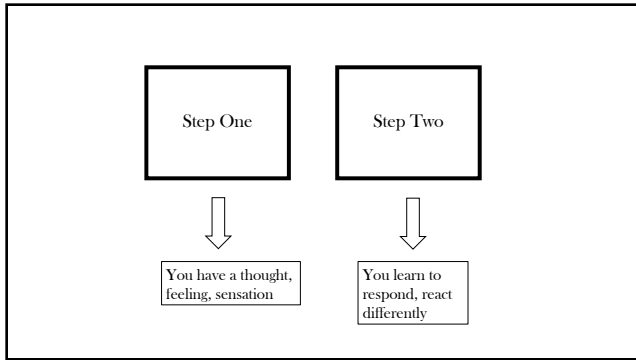
in order to grow you need to move
into new territory *and*

handling uncertainty & discomfort
will reset alarm system & allow you
to do what you want to do

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Emotional
Management
vs Emotional
Reactivity

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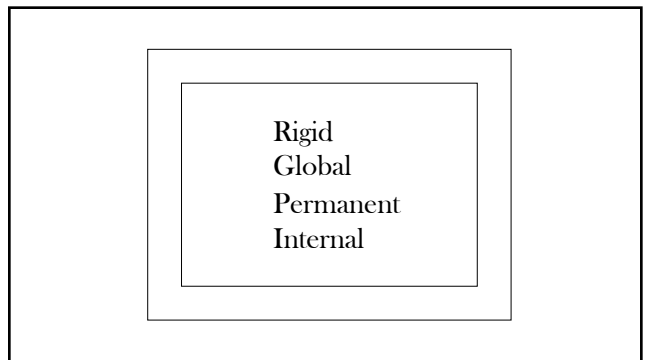
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- Skill Building Exercises:**
- List jobs where emotional reactivity is not at all helpful
 - Emotional Literacy

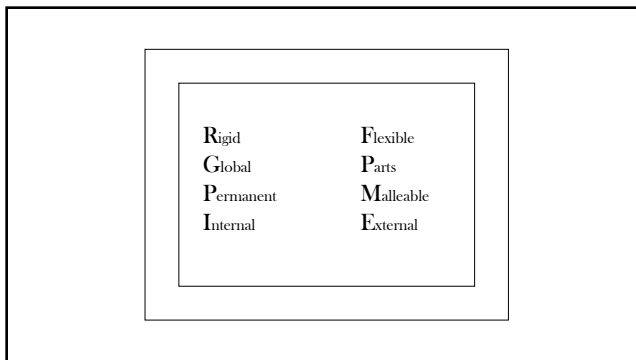
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Four Key Patterns...

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**Flexibility
versus
Rigidity**

12

Anxiety Demands TWO Things:

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Skill Building Exercises:

- Where can/do you cut corners?
- Flexibility combined with Routine

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Global versus Parts

15

GLOBAL is big words... and the language of *overwhelmed*

Everything

Always

Nothing

Nobody

Nothing ever goes my way

This is who I am

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Skill Building Exercises

Personify your _____ and start noticing what it says.

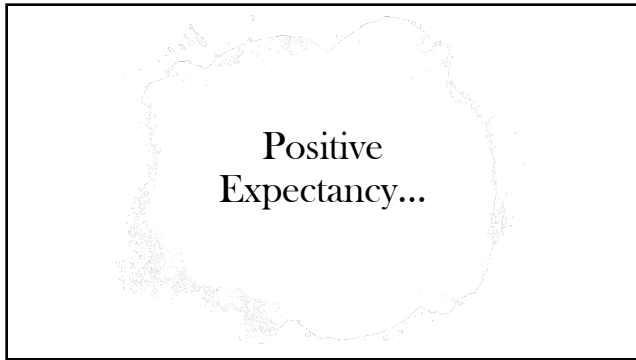
Flow of Steps and Sequencing

Global Language Alert

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Permanent versus Temporary, Malleable

18



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Skill Building Exercises:

- List 5 ways you have changed in the last ___ years.
- Success Journal
- Historically, scientifically, socially...what do we longer believe?

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NICABM.com

<https://www.nicabm.com/brain-how-does-neuroplasticity-work/?qwk=homepageinfographics>

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Internally Focused (on feelings, thoughts) versus External Focus

22

How do you amplify positive connection and an external focus?

23

Negative connection can be both SATISFYING and CONTAGIOUS

A diagram consisting of several overlapping circles of varying sizes, some solid and some dashed, arranged in a way that suggests interconnectedness or a network.

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Skill Building Exercises:

- Do three things that brighten someone else's day.
- List activities that are important to you but separate from how you FEEL.
- Behavioral Activation

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The old template doesn't fit.

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Maybe the goals we set
this year will be
different.

And maybe these goals
will change us in ways
we never expected.

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Movement
Engagement
Volunteerism
Connection

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Thank you!

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