

What can I do if I am feeling upset?

Whether it is from something you heard on the radio or a video you watched; from reading a book about trauma, or simply from perusing the internet, the truth is that anything can trigger us into a state of upset or distress. What should you do about it?

Firstly, give yourself a pat on the back and remember to keep breathing! The pat on the back is because you are probably connecting with some important feelings that you may have been ignoring for a long time. Breathing allows you to process your feelings. If you simply keep breathing, these feelings will eventually pass and you will feel calmer. It is actually very normal to react like this to a trigger - it is your nervous system doing exactly what it was designed to do. This upset is your nervous system telling you there is something you need to deal with.

Once the storm has passed and you are feeling calmer, give yourself another pat on the back! You just did something really important - you managed your feelings and you have begun the journey of paying attention to some trauma that your nervous system is trying to handle. This is the essence of mental health - taking FULL ACCOUNT OF OUR FEELINGS and learning to use them to grow stronger and become wiser.

To help you do this, I have three very simple ways for you to manage such upset in the future, which will help you to think more clearly about what just happened:

1. **Find an understanding friend** and meet up with them, **in person** if possible. Simply explain that you are upset and need someone to talk to. I have worked with many people who tell me that something as simple as a weekly coffee catch up with a kind and patient friend they trust, literally saved their lives.
2. **Go to my "Self Soothing" videos** (on the Training pages of this website) and take yourself through the nervous system regulation exercises there. This is something you can do on your own whenever you feel distressed. You will need to be logged in to the website to access this page, so your name should show on the top right of any page on my website (If you have not signed up or logged in it says "members log in". Membership is free, and will also give you access to my Primal Touch videos and a members forum.)
3. **Join my FREE weekly (60 min) "Self-Regulation" workshop** every Sunday on zoom. Here, myself and many other people from around the world get together to regulate our nervous systems. Just sign up as a member on the top right of any page on my website (where it says "members log in") and you will receive information about when and how to access these free weekly self soothing workshops.

More Support:

If you feel that you need more than this, then we are very fortunate indeed in New Zealand; we have a whole range of emergency and other support services available to you. Most importantly...

If you are entertaining any thoughts of harm to yourself others, then YOU MUST REACH OUT.

A lot of people have dedicated a large chunk of their lives setting up a service to help you at precisely such a time. It may not feel like it right now, but there are a lot of people you have not even met who really care about you and your well being right now and they are just one call away. If for any reason, you cannot face calling any of the contacts listed below, then simply turn up to your nearest hospital emergency department and say that you regard yourself as a suicide risk. Someone will be there who is able to talk to you and give you help.

If you are having suicidal thoughts (Adults)

- Contact your local Emergency Psychological Service(EPS). Find your regional contact at <https://www.health.govt.nz/your-health/services-and-support/health-care-services/mental-health-services/crisis-assessment-teams>
- Free call or text [1737](tel:1737) any time
- Lifeline - 0800 543 354
- Samaritans - 0800 726 666
- Chinese Lifeline - [0800 888 880](tel:0800888880)
(for people who speak Mandarin or Cantonese)

For distressed children and young people

- [Youthline](tel:0800376633) - [0800 376 633](tel:0800376633), free text [234](tel:234) or email talk@youthline.co.nz
(for young people, and their parents, whānau and friends)
- [What's Up](tel:08009428787) - [0800 942 8787](tel:08009428787)
(for 5-18 year olds; 1 pm to 11 pm and [online chat service](#) from 11am-10.30pm, every day including public holidays)
- [The Lowdown](#) - visit the website, email team@thelowdown.co.nz or free text [5626](tel:5626) (emails and text messages will be responded to between 12 noon and 12 midnight)
- [SPARX](#) - an online self-help tool that teaches young people the key skills needed to help combat depression and anxiety

General Help

- Your GP can refer you to the local *Brief Intervention Service* (free short term counselling) which can also open up to further referrals, if needed.
- Many organisations have an *Employee Assistance Programme* (EAP) for brief counselling, which is paid for by the company, and is confidential.

In Addition

- Depression.org.nz - includes The Journal free online self-help tool
- [Alcohol Drug Helpline](http://AlcoholDrugHelpline.org.nz) - [0800 787 797](tel:0800787797)
(for people dealing with an alcohol or other drug problem; 10 am to 10 pm)
- [Women's Refuge Crisisline](http://Women'sRefuge.org.nz) - [0800 733 843](tel:0800733843) (0800 REFUGE)
(for women living with violence, or in fear, in their relationship or family)
- [Shakti Crisis Line](http://ShaktiCrisisLine.org.nz) - [0800 742 584](tel:0800742584)
(for migrant or refugee women living with family violence)
- Rape Crisis - [0800 883 300](tel:0800883300)
(for support after rape or sexual assault)
- [PlunketLine](http://PlunketLine.org.nz) - [0800 933 922](tel:0800933922)
(support for new parents, including mothers experiencing postnatal depression)

For families, whānau, friends and supporters

- [Skylight](http://Skylight.org.nz) - [0800 299 100](tel:0800299100)
(for support through trauma, loss and grief; 9 am to 5 pm weekdays)
- [Mental Health Foundation](http://MentalHealthFoundation.org.nz) - for more information about supporting someone in distress, looking after your mental health and working towards recovery

Lastly

- There are many informative videos and meditations available to watch for free on the [World Council for Health's](http://WorldCouncilforHealth.org) [Mind Health](http://WorldCouncilforHealth.org/MindHealth) page