

## What to do in an Emotional Crisis

Breathe with a flowing rhythm

Accept and allow the situation  
to be as it is

Love Yourself

Repeat the above.

Then when you have reached a level of emotional stability  
using the above steps, add in the following if you wish.

Choose 3 key words that will help you cope  
and feel them in your body, for example -  
Peace, Strength, Healing.

Be the witness, step back and see the big picture.

Choose to focus on something that represents a positive  
outcome, such as a word, statement or image.  
Feel the energy of this, allow it to uplift you,

and continue to

Breathe

Accept the situation

Love yourself

