

TAKING CHARGE OF YOUR EMOTIONS, ONE THOUGHT AT A TIME!



Ever had one of those days where everything's going well and then one small trigger flips the switch?

Suddenly your happy thoughts are outnumbered and your emotions feel as gloomy as a stormy cold day.

The truth is, we all have days like this and that's why being aware of our thoughts and emotions is so important.

The quality of our thoughts and emotions shapes how we see the world, how we treat others and how much hope we hold for the future.

When negativity lingers too long, life can start to feel small, lonely and hopeless for some, leading to thoughts of suicide. That's why emotional awareness matters.

Suicide Awareness Month reminds us that it's not just about crisis response, but early recognition, open conversations and reaching out for help, for ourselves and for others.

A QUICK CHECK-IN

On a scale from 1 to 10



Thoughts

Are your thoughts mostly positive and clear?

Or do they feel overwhelming, repetitive, or negative?

Emotions

Are your emotions balanced and manageable?

Or do they feel intense, confusing, or heavy?

Your answers aren't good or bad, they're simply a reflection of where you are today.

Once you know where you are, you can decide where you want to go next.



Staying aware of your thoughts and emotions...

Is it really a big deal?

Good mental health becomes possible when we pay attention to what it is we feel, what we think and how it impacts our daily lives.

Being more aware of your thoughts and emotions can:

Help you understand yourself better

Make it easier to cope when life feels hard

Stop you from being your own harshest critic

Give you the space to pause instead of reacting

Help you make better decisions

Improve your relationships

WAYS TO STAY IN TOUCH WITH YOUR EMOTIONS

Notice and name the thought or emotion.

The moment you feel something, take a pause and ask yourself, "What am I feeling right now?" Putting a label on your emotion whether it's anxiety, excitement or disappointment helps your brain process it instead of letting it swirl around in confusion.

Track one recurring thought or feeling during the day.

Choose one feeling and keep a mental (or written) note of when it appears. This can help you spot patterns, like certain situations or people that trigger it.

Keep a journal to express what's on your mind.

Although this may sound like the oldest cliché in the book, it has proven to be quite effective. It is a way of creating order in chaos.

Spend 5-10 minutes each day writing about your thoughts and feelings. You don't have to be a writer, this is for you, not anyone else. Writing can slow down your thinking, make your emotions less intense and help you see things from a different perspective.

Remember this:

Thoughts and feelings are real, but they're not always true. They can shift, they can be challenged and they can be shared. You don't have to hold them all by yourself.

Hitting rock bottom

Warning Signs to Watch For

If you notice these in yourself or someone else, it may be time to reach out for help:

- Feeling hopeless or trapped
- Withdrawing from friends, family, or activities
- Major changes in mood, sleep, or appetite
- Talking or writing about death or wanting to disappear
- Losing interest in things that once mattered
- Increased use of alcohol or drugs

Even small changes can be a sign that something deeper is going on. It's always okay to check in, with yourself and with others.

TALK TO SOMEONE WHO CARES

If you're struggling to manage your thoughts or feeling emotionally drained, speak to an AskNelson counsellor today. You don't have to carry it all on your own. Support is here for you and for the people you care about.



**DID
YOU
KNOW?**

You can take charge of your emotions with helpful tools from our AskNelson counsellors.

Reach out today!



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Send a 'please call me' to 072 620 5699

Standard call rates apply



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