

## Part 2

### Hints & Tips

In this 10th CareMail I'm going to explain how you can replace emotional reactivity with thoughtful observation, enabling you to become more of an anthropologist, observing your feelings rather than getting pulled in and swamped by them.

So for those of you who are sometimes overwhelmed by your emotions, or for those of you who may also have a difficult relationship in your life, whether that's with a family member, friend or work colleague, the *I-Focus* framework below will help you to become more considered and less reactive in your emotional life. This will help you to have more insight, feel more in control of your feelings and behaviour, and improve your relationships.

### I-Focus

**F**orgive yourself your mistakes, be kind when you talk to yourself and be more compassionate. This will allow you the time and space to better...

**O**bserve your feelings and thoughts and ask yourself some questions - *What are these feelings telling me? What just triggered the shift in my mood? If this pain inside my stomach or neck could talk what would it say to me?* Thinking like this means you will have more...

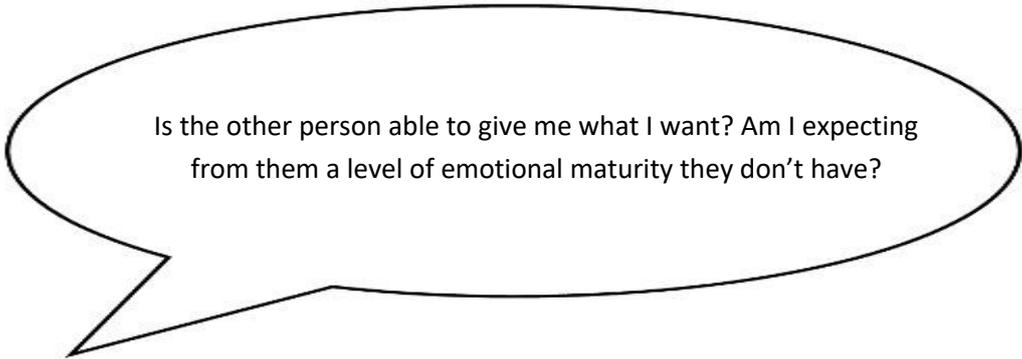
**C**uriosity about your feelings which allows you to stand back and not get pulled in by them, enabling you to become more of an observer. This will give you more...

**U**nderstanding of what is going on emotionally & physically for you, being more aware of your feelings and what is happening in your body (the felt sense/experience) so you become more accepting of yourself and can become more...

**S**elf-aware so you can better understand and manage your emotions and care for yourself and others' emotional wellbeing. This will give you a feeling of having more control of your emotional life which helps build your self-esteem, improving your relationship with yourself and others.

### Question of The Week

For those of you who have a difficult relationship in your life, you need to ask yourself the million dollar question:



Is the other person able to give me what I want? Am I expecting from them a level of emotional maturity they don't have?



I know this may sound like an obvious question, but it's not one we always think to ask ourselves. If you are looking for an emotionally avoidant partner to relate to you in an emotional way, this is going to be a big ask. Likewise, if you want your parents to suddenly see you in the same way they see your 'favoured' sibling, they may not be able to make that change, to adapt the 'script' of your relationship at this point in their life.

Your hopes and expectations that others can change may ultimately mean you keep getting disappointed and hurt. So there comes a time when you may have to acknowledge something painful, that you are not going to have the relationship you hoped for, and you will have to manage your expectations, and think about the relationship you **can** have given the other person's emotional limits. By managing your expectations about what you can have, about how you and they relate, you will over time reduce the pain and disappointment you feel.

The harsh reality is that you may not get what you want and need from this other person, so maybe you are going to have to change, not them.

### Worry Box

No worry box this week, I am having a week off from worrying – why don't you join me!

### Silver Lining

Having Enough is the New Having It All.

I've been thinking about the concept of **Having it all**. You get the idea from social media, the news, films and self-help books that we should\* be having the lifestyle we want - competently juggling our work and personal life and appearing beautifully dressed and serene at the same time (often with 2.4 well behaved and perfectly groomed kids - like really???)

What this pandemic has taught me after 2 months of home lockdown, and having spoken to so many people both personally and professionally, is that most people have adapted remarkably well to what's become a smaller and more limited world, and that perhaps, less is more. Or in other words, **Having Enough** maybe the new **Having It All**.

I think there is something really comforting and liberating about being able to say I have enough, this is enough, and the ultimate one which is...

**I AM ENOUGH** just as I am.



*(\* I am always telling my clients should is not a good word to use as it often comes from the head as in 'this is what I should do but don't really want to', and not from the heart which is 'what I really want to do'. So next time you say the word 'should' think about where it is coming from, your head (obligation) or your heart (what I feel I want to do). If it's from your head, then ask yourself why am I doing this – you might be surprised at the answer.*

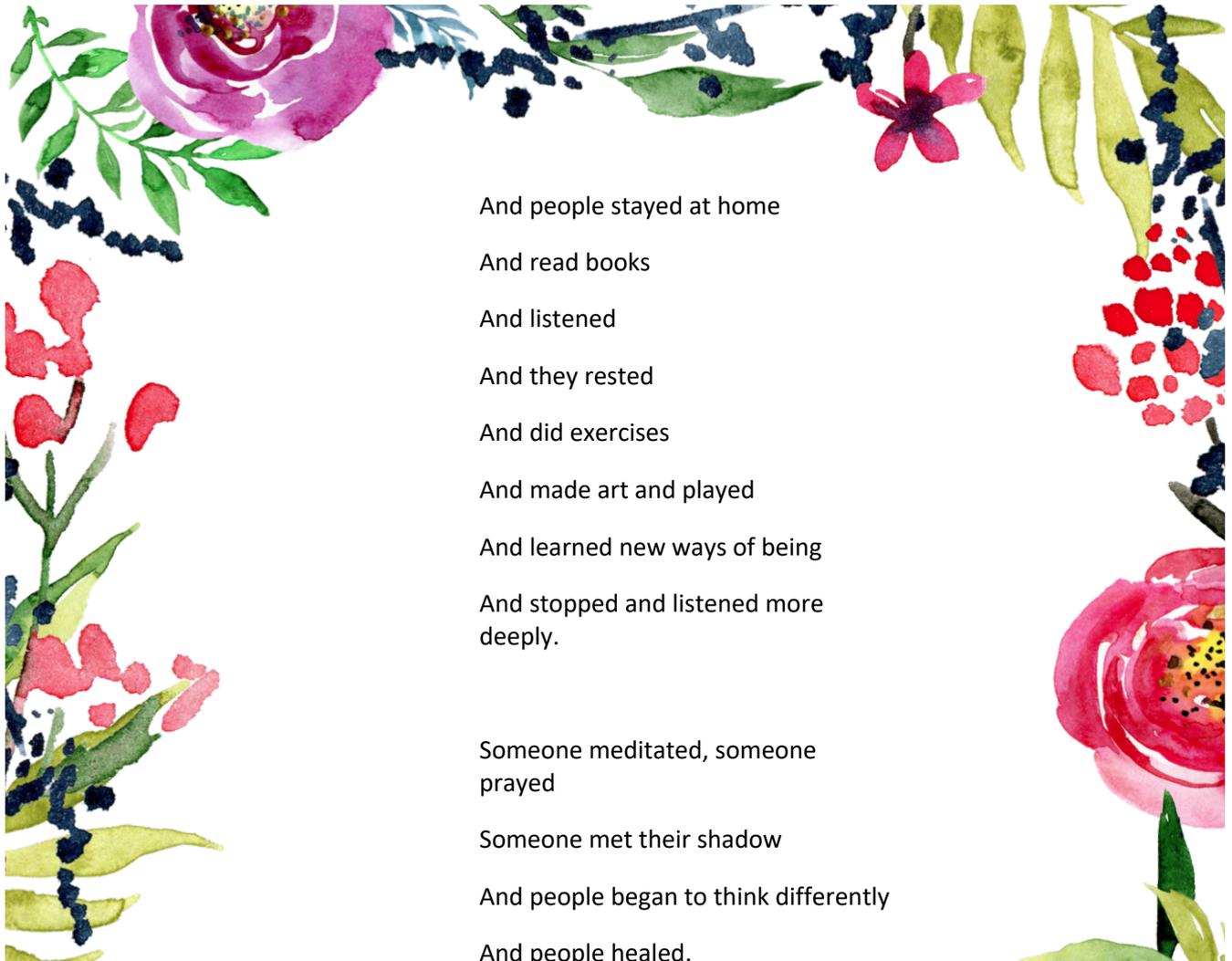
### Quote of the Week

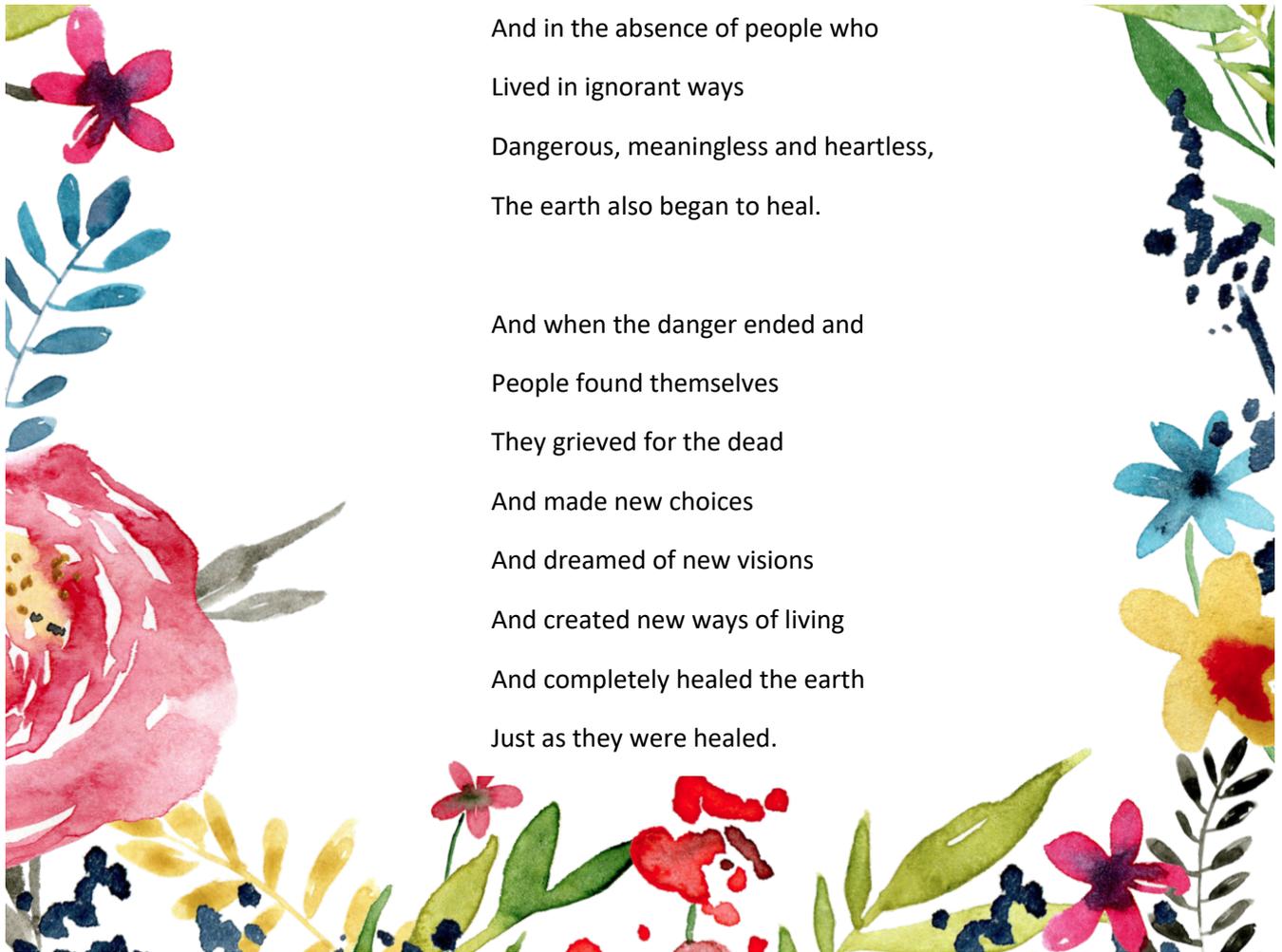


### Shared Space

This is a wonderful poem written in March by Kitty O'Meara, a retired schoolteacher and chaplain in Wisconsin.

The poem quickly went viral because as Linda Graham, Psychotherapist says, 'it speaks to our hearts'





And in the absence of people who  
Lived in ignorant ways  
Dangerous, meaningless and heartless,  
The earth also began to heal.

And when the danger ended and  
People found themselves  
They grieved for the dead  
And made new choices  
And dreamed of new visions  
And created new ways of living  
And completely healed the earth  
Just as they were healed.

10 CareMails in as many weeks, phew!

I hope they have been helpful and please remember they are all available at [www.ruthdines.com](http://www.ruthdines.com). As the UK shows a glimmer of hope towards returning to new reality, CareMails are now going monthly, so I will be in touch again in June. In the meantime, stay safe and well.

And to end with, the words of the Austrian poet Rainer Maria Rilke

‘No feeling is final’