

Why We Shouldn't Just "Get On With Things"

– Information and Resources

Resources

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- 'A felt sense exercise for beginners', 2022, Helen Dillon, <https://www.innerresourcing.co.uk/wp-content/uploads/2021/12/Felt-Sense-Exercise.pdf>
- 'Emotion regulation: managing emotions', NHS Fife, Department of Psychology, June 2016, https://www.moodcafe.co.uk/media/fselmngo/er_handout_final_16_june_2016.pdf
- Gendlin's six steps for effective focusing (taken and adapted from Gendlin's Focusing, 1978), <https://hopeandpossibility.com.au/wp-content/uploads/2015/12/Gendlin's-six-steps-for-effective-Focusing.pdf>
- Emotion wheel, NHS Children & Young People's Health Services, Norfolk, <https://www.justonenorfolk.nhs.uk/media/p54l5or2/emotion-wheel.pdf>
- 'Emotion regulation, what is it? Developing skills in children', North Lincolnshire Children & Young People's Mental Health Services, <https://camhs.rdash.nhs.uk/wp-content/uploads/2021/04/NL-Emotion-regulation-e-leaflet-02.21.pdf>

References

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- Purkiss, J, '*The power of letting go: how to drop everything that's holding you back*', 2020, Aster.
- Feldman Barrett, L, '*How emotions are made: the secret life of the brain*', 2018, Pan.
- YouTube video, '*Emotions and the brain: what is the limbic system*', Science ABC, https://youtu.be/yYUImmcq-bc?si=9sFgWLCFB_F3v9HP