

Name It To Tame It

Why Naming Helps You Feel Calmer

When emotions feel overwhelming, our brain often shifts into survival mode. Naming what you're feeling helps calm the nervous system and brings clarity to the moment by creating some space between you and the feeling.

Try and practice this when you feel overwhelmed

1. Pause and take one slow breath
2. Ask yourself: What am I feeling right now?
3. Choose one or two emotion words
4. Say it gently either out loud or in your head

Without Naming	With Naming
<p>"I don't know what's wrong with me." "I just feel off." "I need to stop feeling like this."</p>	<p>"I'm feeling anxious and overwhelmed." "I'm disappointed and a bit hurt." "I'm tense because I'm under pressure."</p>
<ul style="list-style-type: none">• The feeling stays vague and heavy• The emotion feels bigger and harder to manage	<ul style="list-style-type: none">• The emotion feels more contained• There's space between you and the feeling