

Big emotions, bigger solutions

Run time - :45

ANCHOR LEDE

Anger, sadness, anxiety and fear are examples of big emotions. Mental health professionals say there are healthy ways to respond to them. Tim Ditman of OSF HealthCare has more.

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OSF psychotherapist Rachel Brown says it starts with accountability. Then, you can try grounding techniques like deep breathing, group therapy and mindfulness.

Brown also often uses dialectical behavior therapy, which teaches real-world skills.

\*\*\*SOT\*\*\*

Rachel Brown, LCPC

OSF HealthCare psychotherapist

**"We talk about mindfulness skills; meditation and interpersonal effectiveness, which is how to communicate with people in an effective way when you're experiencing big emotions. We talk about stress. Say you're at a nine on the stress scale and you need to come down to a seven. There are also emotional regulation skills we talk about." (:26)**

I'm Tim Ditman.

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ANCHOR TAG

It's also important to learn communication skills from a mental health professional. Those help make sure tough conversations don't end with a fist in the wall.