

Navigating Emotions: Actionable Strategies

情緒導航：可行的策略

Strategy	Benefit	策略	好處
Challenge Anxious Thoughts	Shifts your mindset from fear to possibility and reduces mental spiraling.	挑戰焦慮思緒	將你的心態從恐懼轉變為可能性，並減少思緒不斷打轉。
Utilize Stress Relief Tools	Activates your body's relaxation response and improves emotional regulation.	運用壓力舒緩工具	啟動身體的放鬆反應，並改善情緒調節能力。
Breathe Deeply	Calms the nervous system instantly and brings you back into the present.	深呼吸	立即安撫神經系統，將你帶回當下。
Exercise	Boosts mood-boosting endorphins and lowers physical symptoms of stress.	運動	促進愉悅的內啡肽分泌，並減少壓力帶來的身體症狀。
Practice Mindfulness	Grounds you in the present moment and reduces rumination.	練習正念	將你帶回當下，減少反覆思考。
Create an Action Plan	Increases a sense of control and empowers you to take meaningful steps.	制定行動計劃	增強控制感，使你能採取有意義的步驟。
Focus on what's in your Control	Builds resilience by redirecting energy toward solutions, not worry.	專注於你能控制的事	通過將能量重定向到解決方案，而非擔憂，來建立韌性。
Minimize Exposure to Fearful Communication	Protects your mental space and helps reduce unnecessary anxiety.	減少令人恐懼的溝通	保護你的心理空間，並減少不必要的焦慮。

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Communicate Needs	Builds healthier relationships and ensures you get the support you deserve.	表達需求	建立更健康的關係，並確保你得到應有的支持。
Reach out for Help	Strengthens connection, reduces isolation, and brings in new perspective.	尋求幫助	加強聯繫，減少孤立，並帶來新的視角。