

VALIDATING EMOTIONS



Anxiety, isolation, sadness, stress and worry are common problems at the best of times, and when it takes over it can become all-encompassing. It is natural and normal to have these feelings.

Validation involves recognising and being accepting of another person's **sensations, thoughts, feelings, and behaviours** as understandable. It is equally important to self-validate which involves recognising and being accepting of your own **thoughts, feelings, sensations and behaviours** as understandable.



Anxiety: it is a normal feeling; anxiety is the body's way of responding to being in real or perceived danger.

Isolation: is a situation where you may not have the support of other people, or a state of being separated from other people.

Sadness: is an emotional state of unhappiness, ranging in intensity from mild to extreme.



Stress: is a reaction that involves being placed under some kind of pressure (real or perceived) and believing that we do not have sufficient resources to cope.



Worry: worrying is a self-talk activity, where we repeat possible negative thoughts and events that might happen, which we are afraid of.