

Am I Overreacting or Under-reacting?

Sometimes people can be overwhelmed by their emotional reactions. Other times people may guard their emotions and not react at all. Resilient people are aware of their reactions and can use appropriate strategies to help themselves. Do you know how you are reacting to your current situation? If not, take this test.

Rate how stressful the situation is.

0	1-3	4-6	7-9	10
Not Stressful	Mild Stress	Moderate Stress	Severe Stress	Extreme Stress

Rate how upset you are.

0	1-3	4-6	7-9	10
Not Upset	Mildly Upset	Distraught	Overwhelmed	Unable to Cope

Check to see if the numbers are close. If they are, your emotions fit the situation. If you are over-reacting or under-reacting, some of the following strategies may help.

Under-reacting	Overreacting
Remind yourself that having feelings doesn't make you weak.	Use calming techniques to help you bring down your emotional response.
Try to uncover the emotions that may be lurking inside and figure out how they are affecting you—your behavior, your sleep, your relationships.	Figure out what triggered you to become so upset. Had you not eaten in a while? Was it a hectic morning? Was it a phrase someone said? Knowing your triggers may help you manage them in the future.
To practice accepting emotions, try thinking of them as messengers. Emotions are not "good" or "bad." They are neutral and give us good information we can use.	Watch for all-or-nothing words like "always" and "never." These are words that fuel "worst-case scenario" thinking.
Meditate...when you meditate, you teach yourself to sit with those feelings, to notice them without judging yourself or making them go away.	Separate yourself from the event to get a clearer perspective. How would someone else see it?