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Stop Overreacting helps you identify your emotional triggers, discover a new way of processing impulsive thoughts and feelings, and understand how your emotions can undermine your ability to think rationally in moments of crisis and stress. You'll learn how to neutralize overwhelming emotions and choose healthy responses instead of flying off the handle.

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Here are a few practical action
strategies to help you stop
overreacting: The art of not reacting.
In order to stop overreacting, you can

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try using the art of not reacting. This simply means that when you 're presented with a certain situation, your goal will be to not react at all.

Overreacting: 6 Action Strategies to Help You Stop

Here are 5 suggestions to help you stop overreacting: Don ' t neglect the basics. Lack of sleep, going too long without food or water, lack of recreation and play can leave... Tune in and name it. A stiff neck, pit in stomach, pounding heart, tense muscles can all be signs that you ' re in danger... Put ...

How to Stop Overreacting - Psych Central

Effective Strategies for Calming Your Emotions. ... she clearly delineates very useful and accessible strategies

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for resisting emotional overload and destructive responses to emotional situations. Stop Overreacting is a valuable guidebook for navigating the basic struggles of our emotional world."

[Stop Overreacting |
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[Stop Overreacting: Effective Strategies for Calming Your Emotions] [By: Judith P. Siegel] [July, 2010] [Judith P. Siegel] on Amazon.com. *FREE* shipping on qualifying offers. [Stop Overreacting: Effective Strategies for Calming Your Emotions] [By: Judith P. Siegel] [July, 2010]

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Stop Overreacting: Effective Strategies for Calming Your ...

Stop Overreacting is a valuable guidebook for navigating the basic struggles of our emotional world."

—Beth Jacobs, Ph.D., clinical psychologist, adjunct faculty member of Northwestern University ' s Feinberg School of Medicine, and author of Writing for Emotional Balance

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Stop Overreacting helps you identify your emotional triggers, discover a new way of processing impulsive thoughts and feelings, and understand how your emotions can undermine your ability to think rationally in moments of crisis and stress. You'll learn how to neutralize overwhelming emotions and choose healthy responses instead of flying off the handle.

Stop Overreacting by Judith Siegel | Audiobook | Audible.com

Today we ' re sharing an excerpt from the audiobook “ Stop Overreacting: Effective Strategies for Calming Your Emotions, ” written by marriage and family therapist Dr.

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Judith Siegel. When a powerful emotion overcomes us, our first response may be to run away from the experience through numbing, shutting down, looking for distractions, or becoming angry. However, calming emotions can be ...

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Stop Overreacting helps you identify your emotional triggers, discover a new way of processing impulsive thoughts and feelings, and understand how your emotions can

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undermine your ability to think rationally in moments of crisis and stress. You'll learn how to neutralize overwhelming emotions and choose healthy responses instead of flying off the handle.

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