

RIDING THE WAVE



Usually, when we feel uncomfortable with an intense emotion, our first instinct is to push it away, avoid it or react to make it stop. ²⁻⁶



The "Riding the Wave" strategy presents a different way of thinking about our emotions: that is, to recognize them, go with the flow, and ride them out - like a wave. ⁶



We can notice or observe our emotions while trying not to get caught up in them unless we choose to do so. ^{4,6}



What Do We Mean By This?

Well, the first thing to do when we ride the wave is to simply experience our emotions. You know when you're sad, hurt, or angry and you feel like you have to do something to quickly fix it because you can't stand the way you're feeling?

In fact, we know that emotions come in waves; they tend to get stronger and then will start coming down even if all we do is observe them. ⁶



Using mindfulness, we can watch our emotions rise and fall, watch them start and fade away, like waves in the ocean.

By just noticing and letting them do their thing, we take away some of the power of uncomfortable or negative emotions that overwhelm us. ^{4,6}

How Can We Do This?



1 NOTICE THE EMOTION

Notice the emotion, whatever it is. Become aware of and acknowledge this feeling without judgment. ²⁻⁷

Sometimes, locating the emotion somewhere in our body can be helpful (maybe our stomach, our throat, our chest).

ACCEPT IT



Try not to label this feeling. Accept that the emotion or feeling is part of you right now, but it is temporary.



3 LET IT GO GENTLY

Whatever you're feeling, let it go gently. We can observe that we don't need to act on an emotion right away or cover it up.